



CREATING SAFETY

Through Understanding The Polyvagal Theory

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POLYVAGAL THEORY




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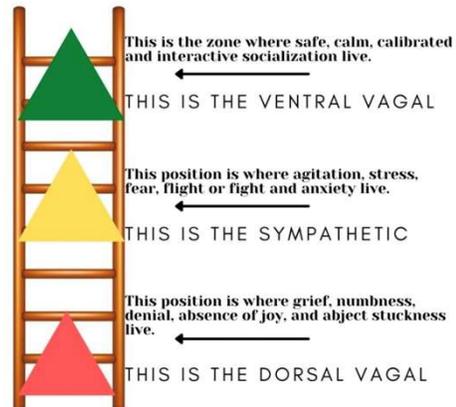
- **Neuroception**
- Perception of threat activates **hierarchical** survival mechanisms:
 - Socially connect
 - Energize to fight or flee
 - Shut down into freeze
- Physiological state **dictates** behaviour

Porges, Stephen. The Pocket Guide to the Polyvagal Theory. Norton 2017

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POLYVAGAL THEORY

Polyvagal Ladder



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CONCEPTUALIZED BY DEB DANA

THE NATURE OF SURVIVAL PHYSIOLOGY

- “Sled full of rocks”
- Brings urgency, extinguishes curiosity and creativity
- Tuned to threat
- Driven to self-protect
- Strongly shaped by (early) trauma



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K Kain , S Terrell. Nurturing Resilience, 2018

When living in situations of sustained trauma our survival responses are called appropriate adaptation to living in a hostile environment.

Dr. Joy DeGruy



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Credit Harley Eagle

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THE IMPORTANCE OF EXPERIENCING SAFETY

- Supports climb back up ladder
- Dampens survival reactivity
- Created through:
 - Cultural Competency
 - Understanding PVT
 - Provider regulation
 - Co-regulation



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PERCEPTION IS MORE IMPORTANT THAN REALITY

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