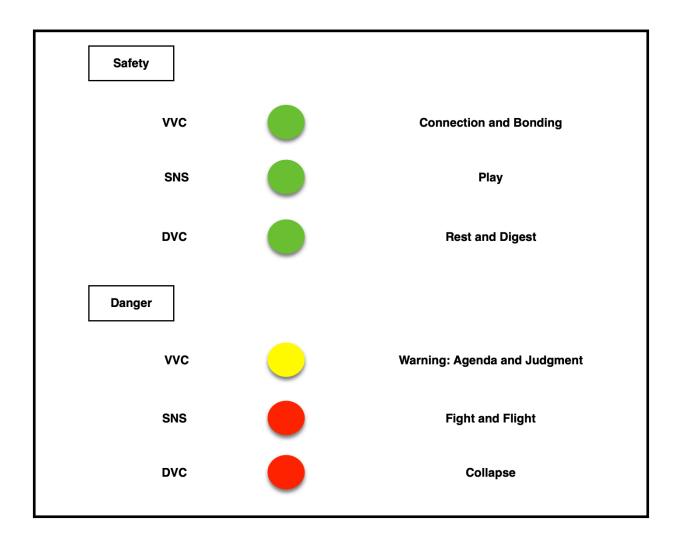
Autonomic Nervous System and Polyvagal Theory (created by Stephen Porges)

3 branches: DVC: dorsal vagal complex, oldest phylogenetically think non-bony fish, down regulating SNS: sympathetic nervous system, sends energy through the body, think bony fish and reptiles VVC: ventral vagal complex, calms down the heart added with mammals

Neuroception: the scan of the autonomic nervous system to access safety and danger. (this term was coined by Stephen Porges)



this PDF was created by Juliane Taylor Shore, LPC, LMFT, SEP in 2020.