

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)

