

# The **Visceral Motor System** (Autonomic Nervous System)

## Parasympathetic Division

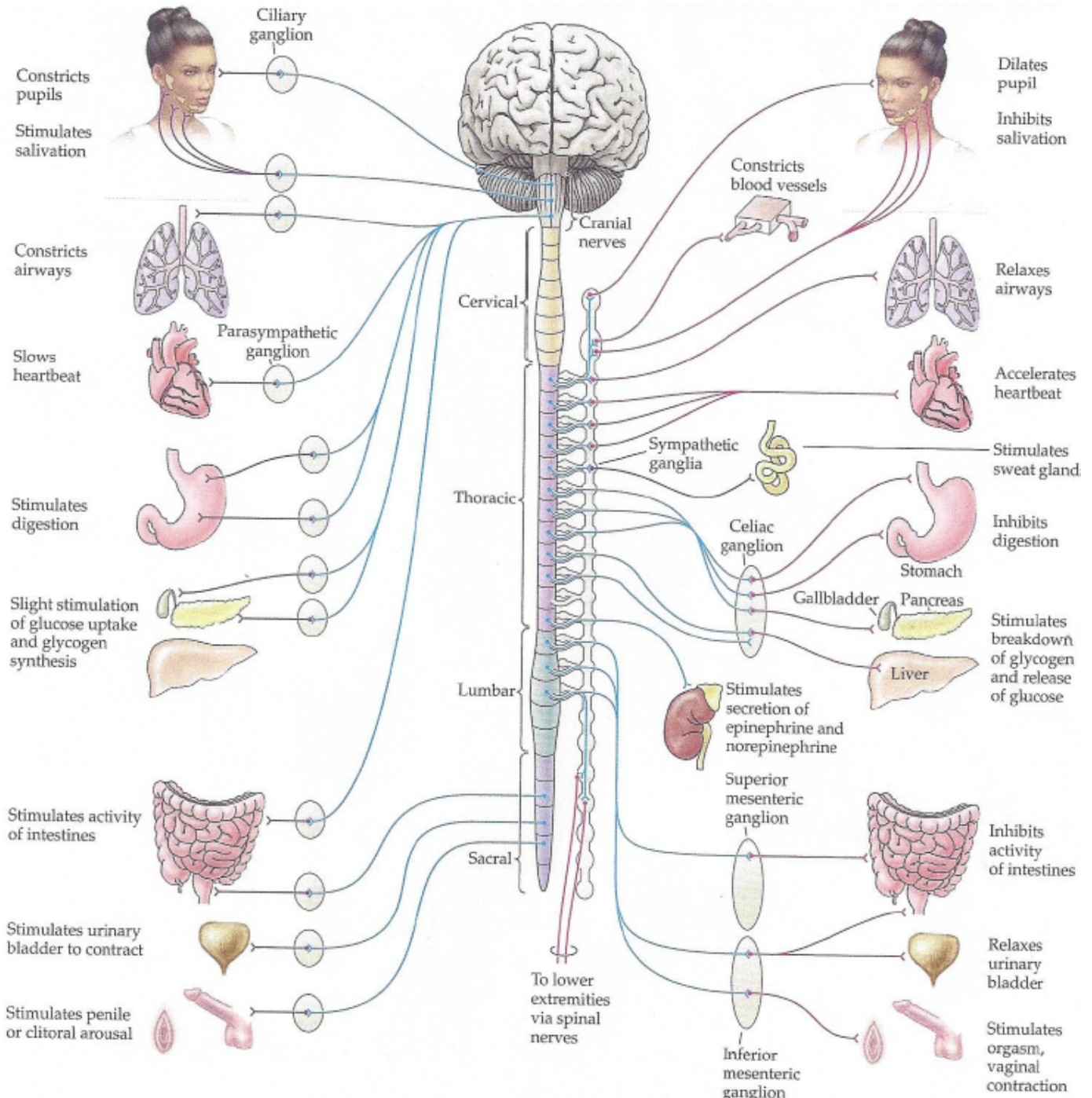
Rest/Digest (Feed & Breed)

## Sympathetic Division

Fight/Flight/Hyper-vigilance

Not shown: the **Dorsal Vagal Nervous System**

(Freeze/Immobilization response to overwhelming threat)



From *Neuroscience*, Fifth Edition, Ed. Purves, Augustine, Fitzpatrick, Hall, LaMantia, & White, ©2012, Sinauer Associates, Inc.

**The role of the dorsal nervous system** is described in Steven Porges' *Polyvagal theory*, a new understanding of how the unmyelinated part of the vagal nerve (the dorsal vagal complex or DVC) influences organs below the diaphragm. The DVC has been introduced as the primary agent associated with the immobility / freeze state, and this response is generally activated only in the face of extreme threat (Schorre, 1994). <http://www.veronique-mead.com/pns.php>