

Polyvagal theory for all of us: how it informs trauma resolution, supports adaptation / resiliency and compassion: References

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Stephen Porges: <http://stephenporges.com/> , http://en.wikipedia.org/wiki/Stephen_Porges

Polyvagal Theory: Why This Changes Everything <http://files.nicabm.com/Trauma2012/Porges/NICABM-Porges-2012.pdf> Webinar Session with Ruth Buczynski, PhD and Stephen Porges, PhD

PVNS theory's origins in **fetal distress** : the "vagal paradox":
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

Wearing Your Heart on Your Face: The polyvagal circuit in the consulting room: "research-based insights into how therapists can more effectively convey safety to clients"
<http://www.psychotherapynetworker.org/magazine/recentissues/2013-sep/oct/item/2250-point-of-view>

The Early Development of the Autonomic Nervous System Provides a Neural Platform for Social Behavior: A Polyvagal Perspective

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Copyright © 2010 Stephen W. Porges <https://shaw.nd.edu/assets/32275/porges.pdf>

Somatic Experiencing: <http://www.traumahealing.org/about-se.php>
Waking the Tiger, In an Unspoken Voice, and other books Dr. Peter A. Levine
Somatic Experiencing Trauma Institute (SETI)'s trauma-informed book list:
<http://www.traumahealing.org/store-list.php?Select=111>

Peter Levine on Somatic Experiencing <https://www.psychotherapy.net/interview/interview-peter-levine>

- **Trauma Resiliency & Community Resiliency Models (TRM/CRM)** Trauma Resource Institute
<http://traumaresourceinstitute.com/>
- **Sensorimotor Psychotherapy (SPI)**, Pat Ogden, Janina Fisher.
<https://www.sensorimotorpsychotherapy.org/home/index.html>
- **Dynamic Attachment Repair (DARe)** <http://dianepooleheller.com/>
- **NeuroAffective Relational Model (NARM)** <http://www.dr.laurenceheller.com/>
http://cellularbalance.com/neuroaffective_touch.html
- **Buddhist psychology/ SE integration** - Tara Brach, Jack Kornfield
- **Bessel van der Kolk** *The Body Keeps the Score* PV references
- **Adult attachment: Sue Johnson's Emotionally Focused Therapy EFT, Hold Me Tight, Love Sense** (I especially recommend listening to Audible's recording – Sue can change her voice from tense to prosodic and soft and demo the nervous system shifts for us to hear)
- **Rick Hansen**, Buddhist-informed neuropsychologist *Hardwiring Happiness, Buddha's Brain=*
James Baraz *Awakening Joy*; Tsoknyi Rinpoche, *Open Heart, Open Mind*

How Neurobiology Changed the Way We View the Treatment of Trauma,

Pat Ogden, PhD in current NICABM Brain-Smart Webinar Series <http://www.nicabm.com/>

EMDR & Beyond: The Trauma Power Therapies: PESI DVD

<http://www.pesi.com/ECommerce/ItemDetails.aspx?ResourceCode=RNV045120>

The Early Development of the Autonomic Nervous System Provides a Neural Platform for Social Behavior: A Polyvagal Perspective https://www.youtube.com/watch?v=SRTkkYjQ_HU

The Community Resiliency Model Video/ Extended <https://www.youtube.com/watch?v=EnkDEUXXDVk>
Trauma Resource Institute's Community Resiliency Model video: interviews veterans about how CRM has changed their lives. Also Jen Housholder: Trauma Resource Institute Interview
<https://www.youtube.com/watch?v=hzcBwtMc8XQ>

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse

<http://www.treatment-innovations.org/seeking-safety.html>

Calm the Body and Grow the Heart: Stephen Porges on Polyvagal Theory

Porges says when we need soothed there is a hierarchy of calming. **Some things penetrate a distressed state faster and more effectively than others.**

<http://www.rebeccajorgensen.com/wp-content/uploads/2015/01/stephen-porges-polyvagal-theory-draft-2.pdf>

see the Replay of Talk Time with Dr.Porges <https://www.youtube.com/watch?v=4kgO3HOP8VQ>

iChill app: <http://www.ichillapp.com/info.html>

TRAUMA RESILIENCY MODELWORKBOOK Revised by: Elaine Miller-Karas, LCSW

<http://traumaresourceinstitute.com/shop/>

In Spanish: **TRM Tarjetas de Bolsillo** Las tarjetas de bolsillo se han utilizado en todo el mundo para ayudar a los profesionales refuerzan las habilidades.

Community Resiliency Model: <http://traumaresourceinstitute.com/crm/>

Calming Effects of Deep Touch Pressure in Patients with Autistic Disorder, College Students, and Animals, TEMPLE GRANDIN, Ph.D. <http://www.grandin.com/inc/squeeze.html>

Credits and references

Slide #s

- 8, 9, 13, 55, 56, 62, 65: photos & graphics from Neal Winblad Polyvagal Powerpoint
- 18, 22, 44, 64: aqua images Ariel Giarretto for Somatic Experiencing Trauma Institute
- 16, 72: Tauma Resource Institute graphic of "the Resilient Zone"
- 48, 52: <http://www.businessinsider.com.au/aleppo-girls-thousand-yard-stare-2014-2> tweeted by an anonymous Syrian activist @JadBantha

More:

<https://m.youtube.com/watch?v=8tz146HQotY> DharmaCafe interview with Porges

(Social Engagement and Attachment: a phylogenetic perspective

http://www.somaticpractice.net/trainings/touch_skills/resources/articles/polyvagal/Porges-2003-Social_Engagement_and_Attachment.pdf

Love Code: The Chemistry of Intimacy: Roundtable discussion with Stephanie Brown, Sue Carter, Elaine Hatfield, Dolores Malaspina, and Stephen Porges <https://www.youtube.com/watch?v=6Lthr1gclrA>

(Sue Carter is his wife: a pioneering leader in the field of behavioral neuroendocrinology, examining mechanisms underlying love, bonding and other emotions, now director of The Kinsey Institute for Research in Sex, Gender and Reproduction, Indiana University with an added emphasis on understanding the science of love, nurture and longevity. Known for, Characterizing the role of **Oxytocin** and Vasopressin in the Neurobiology of Monogamy