

**Polyvagal Theory**

The Resilient Wandering Nerve  
Rebecca Wigg-Ninham, MSW SAC  
Rosedale, Method Wisconsin  
[wigg-ninham@amad.com](mailto:wigg-ninham@amad.com)  
920-360-0452

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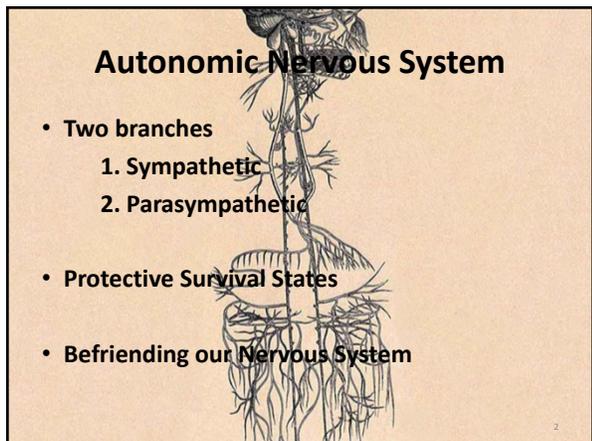
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**Autonomic Nervous System**

- Two branches
  1. Sympathetic
  2. Parasympathetic
- Protective Survival States
- Befriending our Nervous System

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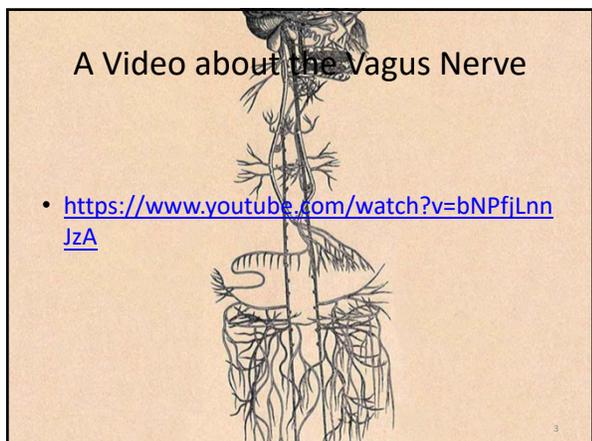
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**A Video about the Vagus Nerve**

- <https://www.youtube.com/watch?v=bNPfjLnnJzA>

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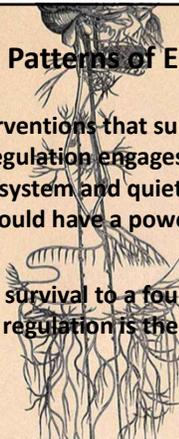
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### Reshaping Patterns of Engagement

- Therapy interventions that support autonomic regulation engages the social engagement system and quiets protective responses should have a powerful impact.
- Moving from survival to a foundation of ventral vagal regulation is the goal.



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### Neuroception: Autonomic Surveillance

- Ventral Vagal State maintains homeostasis
- Continuum of states
  - Sympathetic danger
  - Dorsal vagal Life threat
  - Ventral vagal safety
- Where are you on the ladder?



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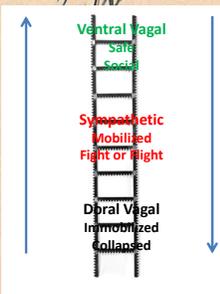
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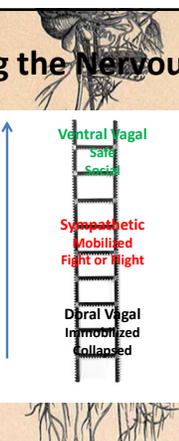
### Mapping the Nervous System



Ventral Vagal  
Safe  
Social

Sympathetic  
Mobilized  
Fight or Flight

Dorsal Vagal  
Immobilized  
Collapsed



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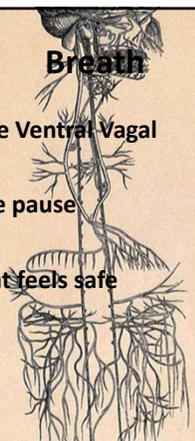
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### Breath

- Activating the Ventral Vagal
- Practicing the pause
- Aliveness that feels safe



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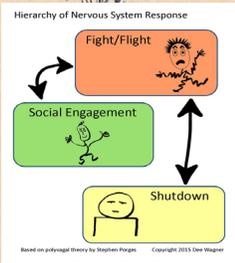
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### Hierarchy of Nervous System Response



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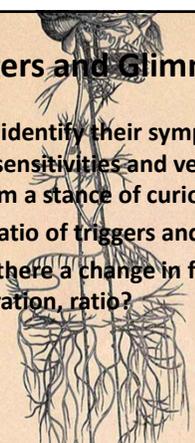
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### Triggers and Glimmers

- Helps clients identify their sympathetic and dorsal vagal sensitivities and ventral vagal strengths from a stance of curiosity.
- What is the ratio of triggers and glimmers?
- Over time is there a change in frequency, intensity, duration, ratio?



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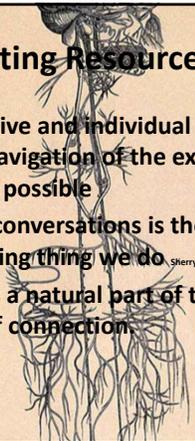
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### Regulating Resources Map

- Both interactive and individual streams of regulation, navigation of the experiences of daily living is possible
- Face to face conversations is the most human and humanizing thing we do Sherry Turkle 2015
- Movement is a natural part of the ventral vagal state of connection



13

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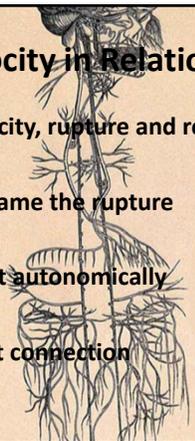
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### Reciprocity in Relationships

- Track reciprocity, rupture and repair
- Notice and name the rupture
- Understand it autonomically
- Find the right connection



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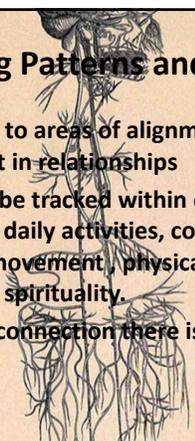
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### Exploring Patterns and Tempo

- Brings clarity to areas of alignment and misalignment in relationships
- Patterns can be tracked within eight broad categories of daily activities, communication, work, play, movement, physical intimacy, intimacy and spirituality.
- Within each connection there is a tempo



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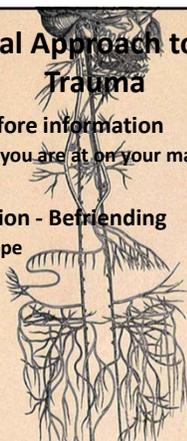
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### A Polyvagal Approach to Complex Trauma

- **Intonation before information**
  - Know where you are at on your map – name it
- **Psychoeducation - Befriending**
  - Recipe for hope
- **Co-regulation**
  - Consistency
  - Continuity



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### A Video of Deb Dana

- <http://www.debdanacsw.com/resources/Interview%20with%20Aron.MOV>



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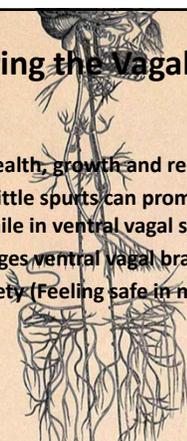
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### Honoring the Vagal Brake

- Promotes health, growth and restoration
- Lifting it in little spurts can promote thinking and planning while in ventral vagal state
- Exhale engages ventral vagal brake (sigh)
- Cues for safety (Feeling safe in myself and the world)



18

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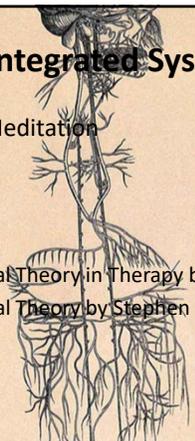
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### An Integrated System

- Autonomic Meditation
- Resources:
  - The Polyvagal Theory in Therapy by Deb Dana
  - The Polyvagal Theory by Stephen W. Porges

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