

Trauma

Brain

Heart

Polyvagal theory

Embodied Self

Created by: C. N. Porges, M. D., J. A. Gray, M. D., & J. A. Singer, M.D.

presentation by:-
Prasanna Wadhwani
Adarsh W. S. D. P.

Too much
Too soon
Too fast

polyvagal theory

Embodied

5/25

Material:

1. Types of trauma.
2. Trauma responses.
3. Neuroception.
4. Private Logic.
5. Dissociation.
6. Shame.
7. Intersectionary.
8. Attachment.
9. Intergenerational.
10. Covid-19.
11. Signs & Behaviours.

self aware

Ins: ghts:

How do we hear?

1. Modalities
2. Post Traumatic Growth

self-care...embodying...narrative...cosmos+...

Creativity