

How Polyvagal Theory Can Benefit You

Polyvagal theory is based on the research work of Dr. Stephen Porges, PhD, regarding the important function of the vagus nerve on our health and wellbeing. Since then, it has been widely adopted by therapists all over the world and continues to be referenced in countless peer-reviewed research articles.

Polyvagal theory is not a therapy. Instead, it underpins therapy. It provides important insight on how our nervous system impacts our thoughts, behaviours and emotional wellbeing. We are wired to feel safe and connected with our world, with others and within ourselves. Therefore, anything that threatens that sense of safety, sends us into a survival response causing anxiety, stress and disconnection.

As a Polyvagal Informed Therapist, I am able to bring this understanding into my counselling. Learning how to become an active operator of your own nervous system, gives you the ability to manage your anxiety and stress more effectively. By learning to listen to what your body is saying, you are better able to regulate yourself and widen your window of tolerance.

Changing your story, starts by changing the state of your nervous system.