



Becoming an Expert Co-Regulator

by Understanding Your Polyvagal World.

INTRODUCTIONS

Currently Executive Director of CAFA

20 years in field of Mental Health (most with children/ families)

Director of Crisis/ Assessment/ Wellness Community-based

Married 25 Years

Dad of teens (17 & 19)

Proud Dog Papa

Skate/Surf/Snowboarding/ Running Enthusiast

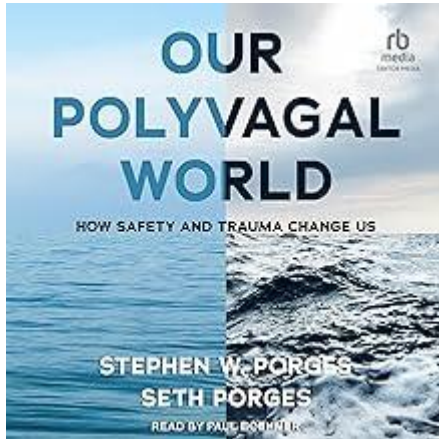
Musician at St. Mark's CME

(Enneagram 7)



References

Polyvagal Theory Resources



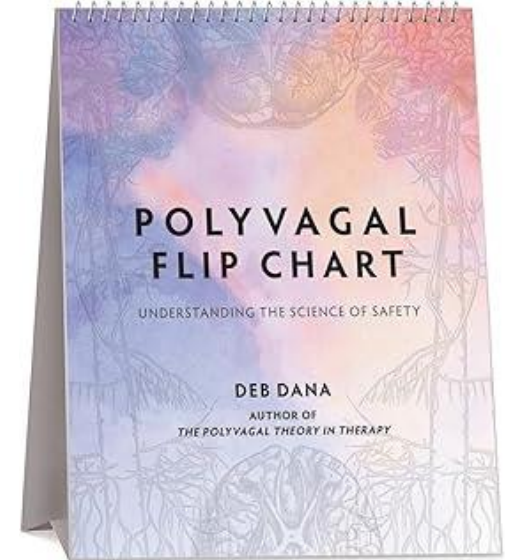
Dr. Stephen Porges

Psychologist, Neuroscientist
Professor of Psychiatry at
University of North Carolina
Chapel Hill



Deb Dana

Licensed Clinical Social Worker
Founder of the Polyvagal Institute



Self-Regulation

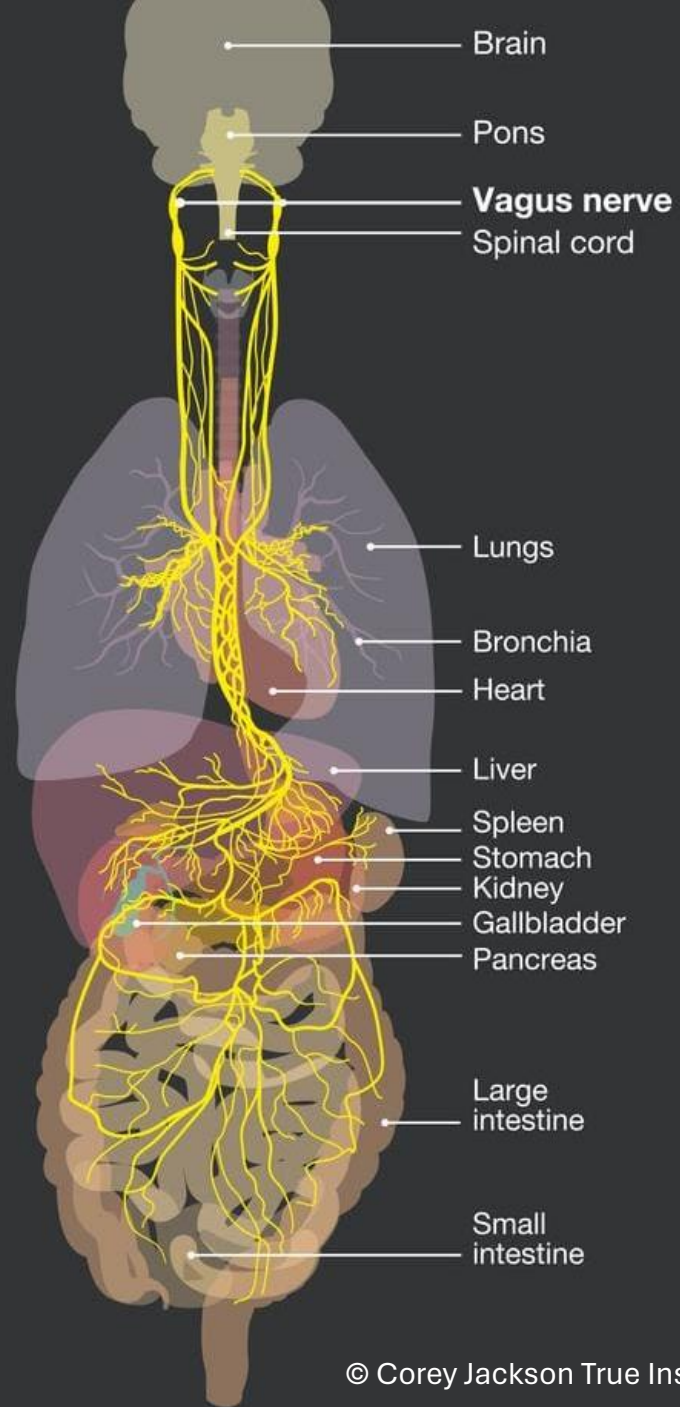
**Take the next moments and
imagine yourself in a calm, safe
place.**

Where would it be?

What would you be doing?

Who would be there with you?





Polyvagal Theory

←-----Blend: Stillness/ Intimacy-----→



Safe

Social Engagement
(Ventral)

Blend: Play/ Advocacy

Mobilized

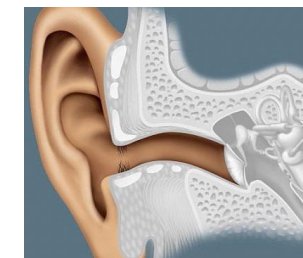
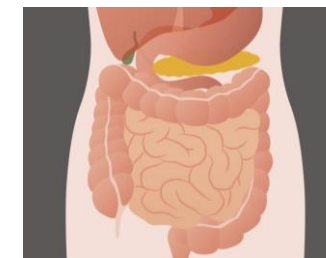
Fight/ Flight for Survival
(Sympathetic)

Blend: Freeze

Immobilized

Disconnected for Survival
(Dorsal)

Polyvagal Ladder





Safe

Social Engagement
(Ventral)

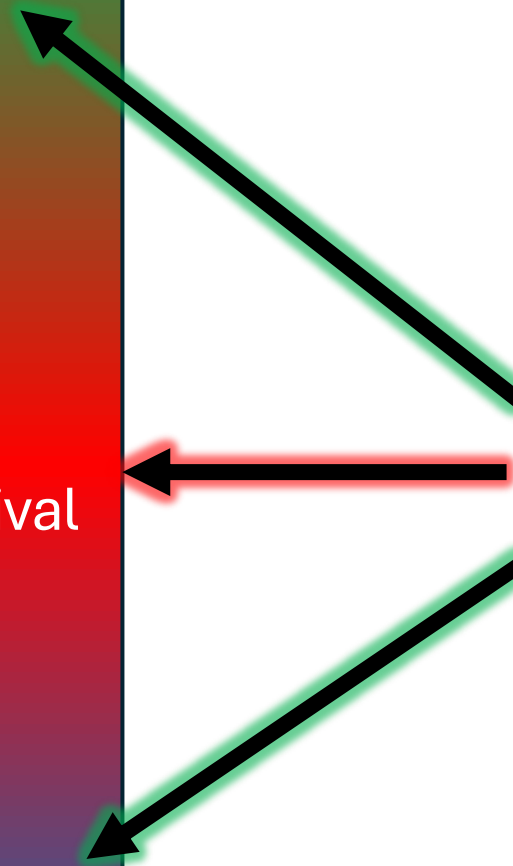
Mobilized

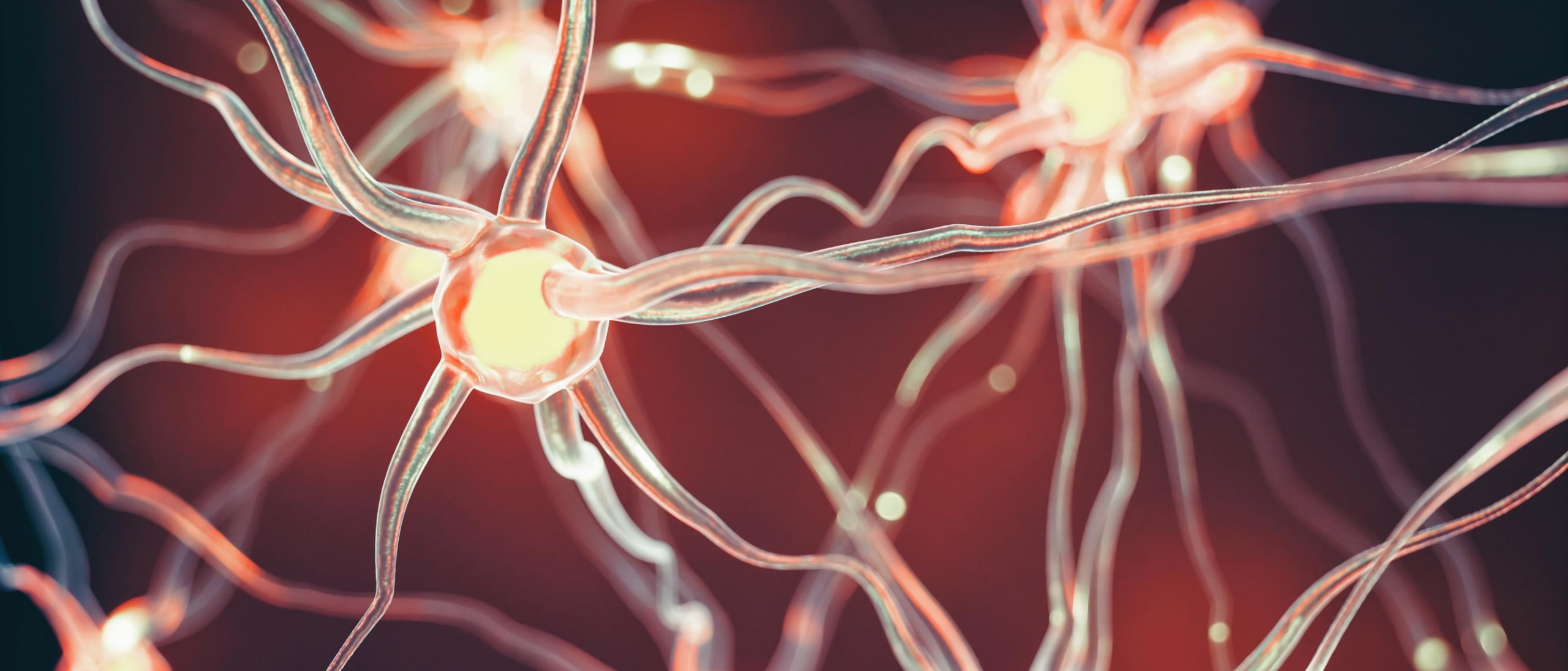
Fight/ Flight for Survival
(Sympathetic)

Immobilized

Disconnected for Survival
(Dorsal)

What are
your Stories
That
designed
your unique
Nervous
System?





Neuroception (8-10 Seconds Before Perception) Choice?

Practice: Neuroception

As the next images come to the screen pay attention to any signals your nervous system is sending you. Pay attention to sensations (head, heart, gut), breath, heart rate, and any other messages from your body.



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What did you notice?

Practice 2: Anchoring

Go Back to you Calm Safe Place



Think of a child's behavior that could pull you out of this calm safe place...

Notice if you feel more Mobilized or Immobilized by this.

Just feel the tension.

Notice your breathing

Notice heart rate.

Remain...

Now Return to Your Calm Safe Place





Safe

Social Engagement
(Ventral)

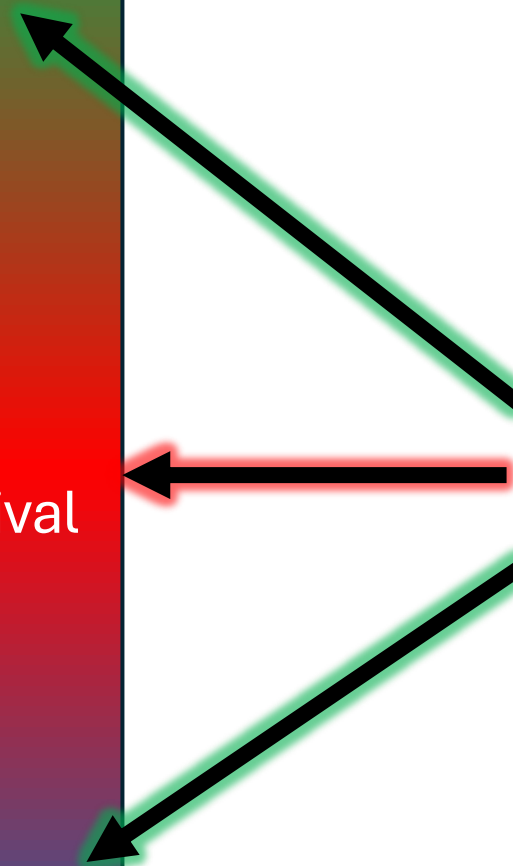
Mobilized

Fight/ Flight for Survival
(Sympathetic)

Immobilized

Disconnected for Survival
(Dorsal)

Think About
a Child's
Stories







Safe

Social Engagement
(Ventral)

Mobilized

Fight/ Flight for Survival
(Sympathetic)

Immobilized

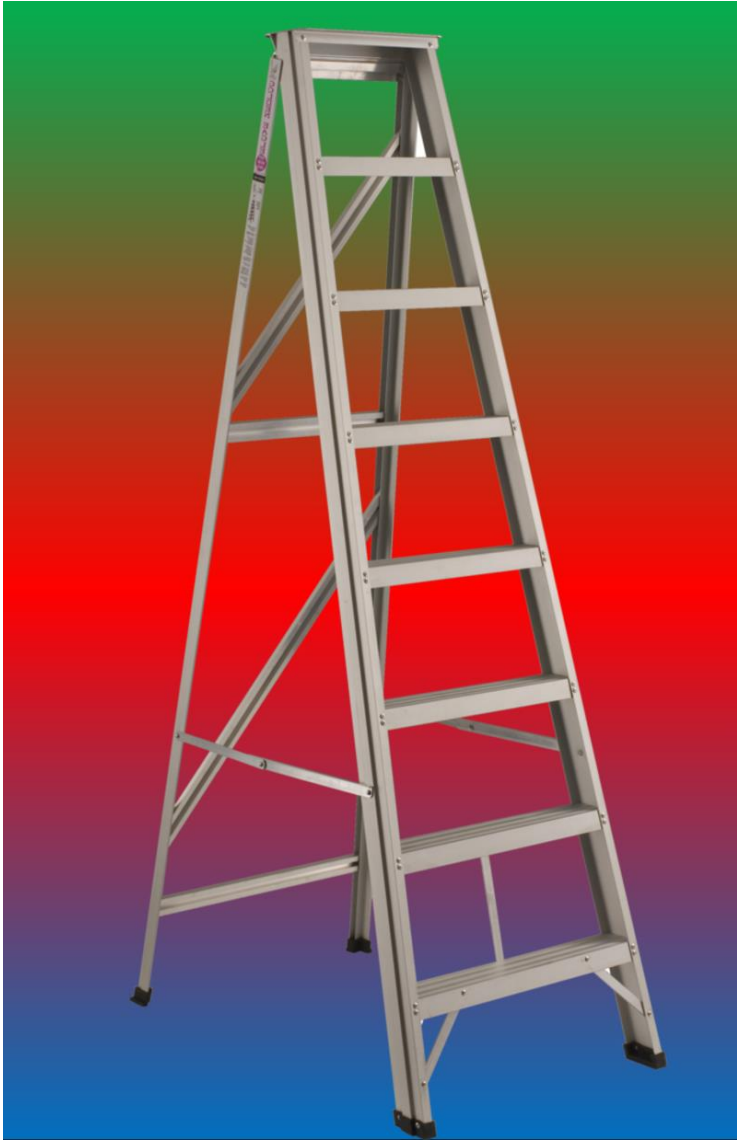
Disconnected for Survival
(Dorsal)

A child may
feel safe but
not be safe.

A child may
be safe but
not feel safe.

Co-Regulation

Adult Awareness
of Self
+
Awareness of
Child's State
+
Awareness of
Child's Need





How do you stay regulated?



Example of Co-Regulation

Nurse Mike.



Healing the ANS requires
relationship, patience, and
writing new stories in the heart.

Resources/ Events/ Stay in touch...

