



NEUROFAITH[®] LLC

NeuroFaith[®] Certification Exam

Polyvagal-Informed Therapy and Coaching

Jeffrey E. Hansen, PhD
Founder, NeuroFaith[®]

Instructions

This exam assesses understanding and application of Polyvagal-informed principles within the NeuroFaith[®] model. Answer all questions thoughtfully. This is about understanding, not memorization.

Section 1: Foundational Understanding (Multiple Choice)

Select the best answer.

1. Which autonomic state is most associated with safety, connection, and social engagement?

- A. Sympathetic
- B. Dorsal vagal
- C. Ventral vagal
- D. Freeze response

2. A person with high anxiety, rapid speech, and restlessness is most likely in which state?

- A. Ventral vagal
- B. Sympathetic
- C. Dorsal vagal

NeuroFaith® Certification Exam
Polyvagal-Informed Therapy and Coaching

D. Dissociative

3. Which state is most associated with shutdown and low energy?

A. Ventral vagal

B. Sympathetic

C. Dorsal vagal

D. Mobilization

4. Neuroception refers to:

A. Conscious thoughts

B. Logical reasoning

C. Automatic detection of safety or threat

D. Emotional expression

5. When someone is in dorsal shutdown, what is LEAST helpful?

A. Grounding

B. Presence

C. Cognitive reframing

D. Orienting

6. Co-regulation refers to:

A. Teaching skills

B. Logic

C. Using your regulated presence

D. Avoidance

7. Bottom-up intervention example:

A. Cognitive restructuring

B. Logic

C. Breath/body awareness

NeuroFaith® Certification Exam
Polyvagal-Informed Therapy and Coaching

D. Problem solving

8. Core principle:

A. Insight changes

B. Behavior correction

C. State determines capacity

D. Suppress emotion

9. HPA axis stands for:

A. Hormonal Processing

B. Hypothalamic-Pituitary-Adrenal

C. Higher Processing

D. Homeostasis

10. HPA function:

A. Sleep

B. Stress response

C. Memory

D. Digestion

11. Correct HPA sequence:

A. Adrenal→Pituitary→Hypothalamus

B. Hypothalamus→Pituitary→Adrenal

C. Pituitary→Hypothalamus→Adrenal

D. Adrenal→Hypothalamus→Pituitary

12. Immediate stress hormone:

A. Cortisol

B. Serotonin

C. Adrenaline

NeuroFaith® Certification Exam
Polyvagal-Informed Therapy and Coaching

D. Dopamine

13. Long-term stress hormone:

A. Adrenaline

B. Cortisol

C. Oxytocin

D. Melatonin

14. Chronic cortisol leads to:

A. Better immunity

B. Reduced stress

C. Immune impairment

D. Calmness

15. Sympathetic sign:

A. Flat affect

B. Increased HR/agitation

C. Numbness

D. Disengagement

16. Numb, withdrawn person:

A. Ventral

B. Sympathetic

C. Dorsal

D. Social

17. Ventral vagal:

A. Panic

B. Shutdown

C. Connection

NeuroFaith® Certification Exam
Polyvagal-Informed Therapy and Coaching

D. Dissociation

18. Vagus nerve is:

A. Hormone

B. ANS component

C. Cognitive

D. Memory

19. Ventral vagal:

A. Primitive

B. Myelinated/social

C. Stress only

D. Shutdown

20. Dorsal vagal:

A. Advanced

B. Social

C. Primitive/unmyelinated

D. Cognitive

21. ANS shaped by:

A. Genetics

B. Attachment

C. School

D. Diet

22. Attachment influences:

A. IQ

B. Regulation

C. Strength

NeuroFaith® Certification Exam
Polyvagal-Informed Therapy and Coaching

D. Vocabulary

23. Poor attunement leads to:

A. Perfect regulation

B. Dysregulation

C. No impact

D. Auto resilience

24. Developmental trauma impacts:

A. Memory

B. Cognition

C. Nervous system

D. Growth

25. ACEs stands for:

A. Advanced Eval

B. Adverse Childhood Experiences

C. Cognitive Exercises

D. Clinical Events

26. ACE studies examine:

A. Academics

B. Early adversity

C. Meds

D. IQ

27. ACE categories include:

A. Household dysfunction

B. Abuse

C. Neglect

NeuroFaith® Certification Exam
Polyvagal-Informed Therapy and Coaching

D. All

28. High ACE scores:

A. Lower risk

B. Auto resilience

C. Higher risk

D. No impact

29. Neuroscience-informed view:

A. Willpower

B. Weakness

C. Nervous system shaped

D. Thoughts only

Section 2: Applied Understanding (Short Answer)

30. Person is withdrawn, low energy

State?

First action?

What to avoid and why?

Answer:

31. Person anxious and fidgeting

State?

Intervention?

Answer:

32. Why cognitive work fails in dorsal?

Answer:

33. How polyvagal reduces shame?

Answer:

Section 3: Demonstration of Competence

Submit 10–15 min role-play showing state recognition, regulation, co-regulation, and attunement.