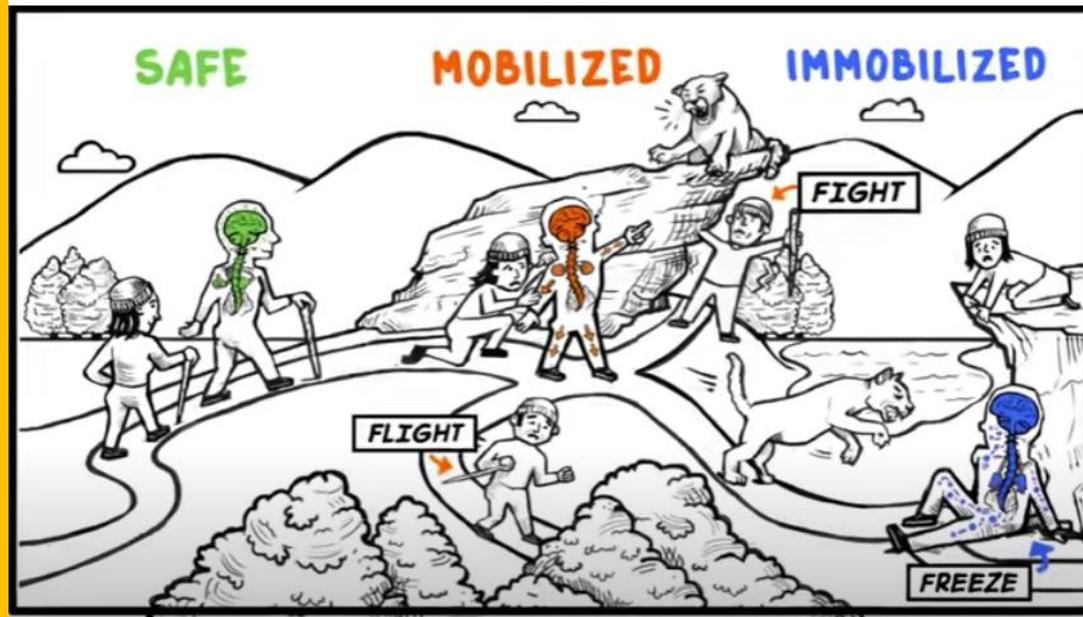


Polyvagal Theory Made Easy



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There is a voice that doesn't use words. Listen
- Rumi

"The views expressed are those of the author and do not reflect the official policy of the Department of the Army, the Department of Defense, or the U.S. Government."

This very short video produced by The Trauma Foundation will give you a very helpful and simplified understanding of Polyvagal Theory in Therapy.

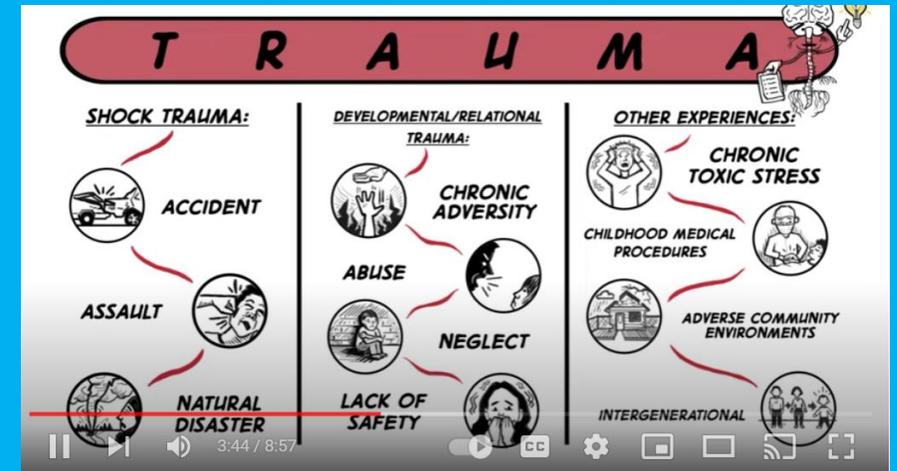
Please click the link below to listen:

https://www.youtube.com/watch?v=ZdIQRxwT1I0&ab_channel=TheTraumaFoundation

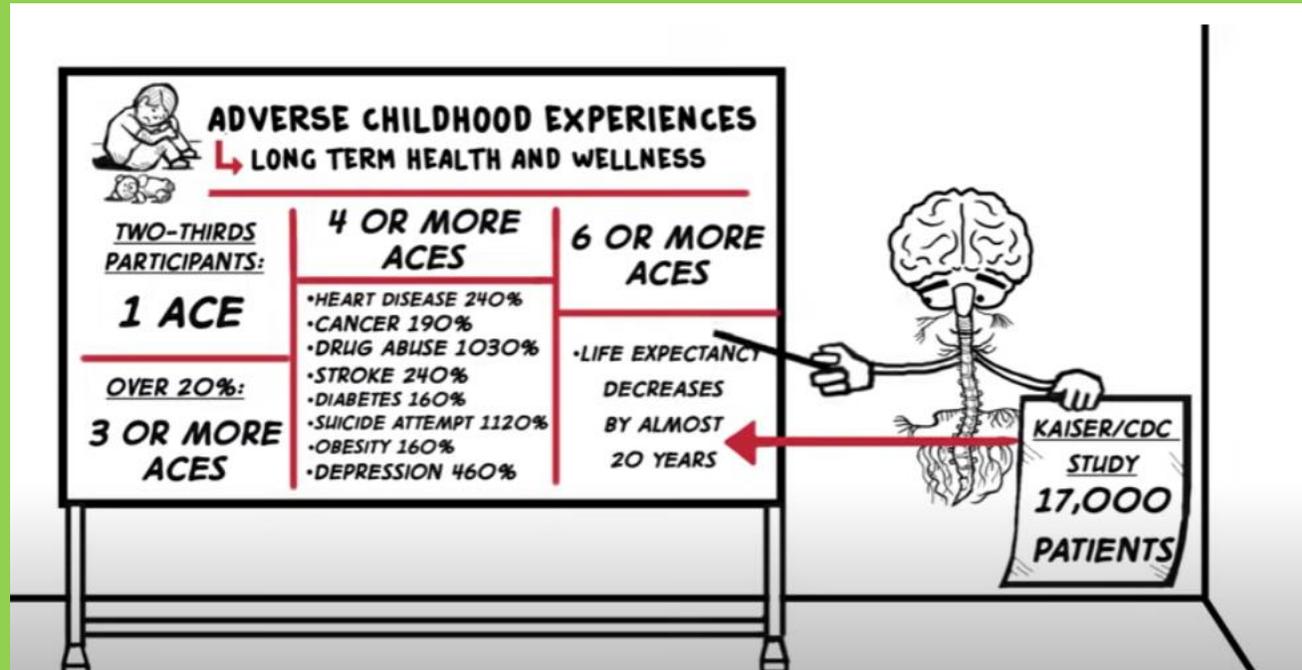
This video was developed to give a basic introduction and overview of how trauma and chronic stress affects our nervous system and how those effects impact our health and well-being. Much of the content is based on the groundbreaking work of Stephen Porges and his Polyvagal Theory and inspired and informed by the work of thought leaders Deb Dana, Vincent Felitti, Robert Anda, Gabor Mate, Dan Siegel and Peter Levine.

For CC and Translated versions please visit: [YouTube • Trauma and the ne...](#)

To learn more about trauma recovery and nervous system health resources, please visit: The Trauma Foundation (www.traumafoundation.org) and the Polyvagal Institute (www.polyvagal.org). Special thanks to www.nicknavatta.com for their animation work.



Chronic stress and trauma in childhood commonly called **Adverse Child Experiences (ACE)** is very damaging to our health and longevity.



In order to be healthy and resilient, our defense states must be in balance and flexible and able to return us to autonomic safety after we have dealt with a difficult or threatening situation.

