

Wired for Connection

Webinar

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times. See the handouts below.

Part 1 - Recorded May 21st, 2020

<https://player.vimeo.com/video/421288360>

Handouts:

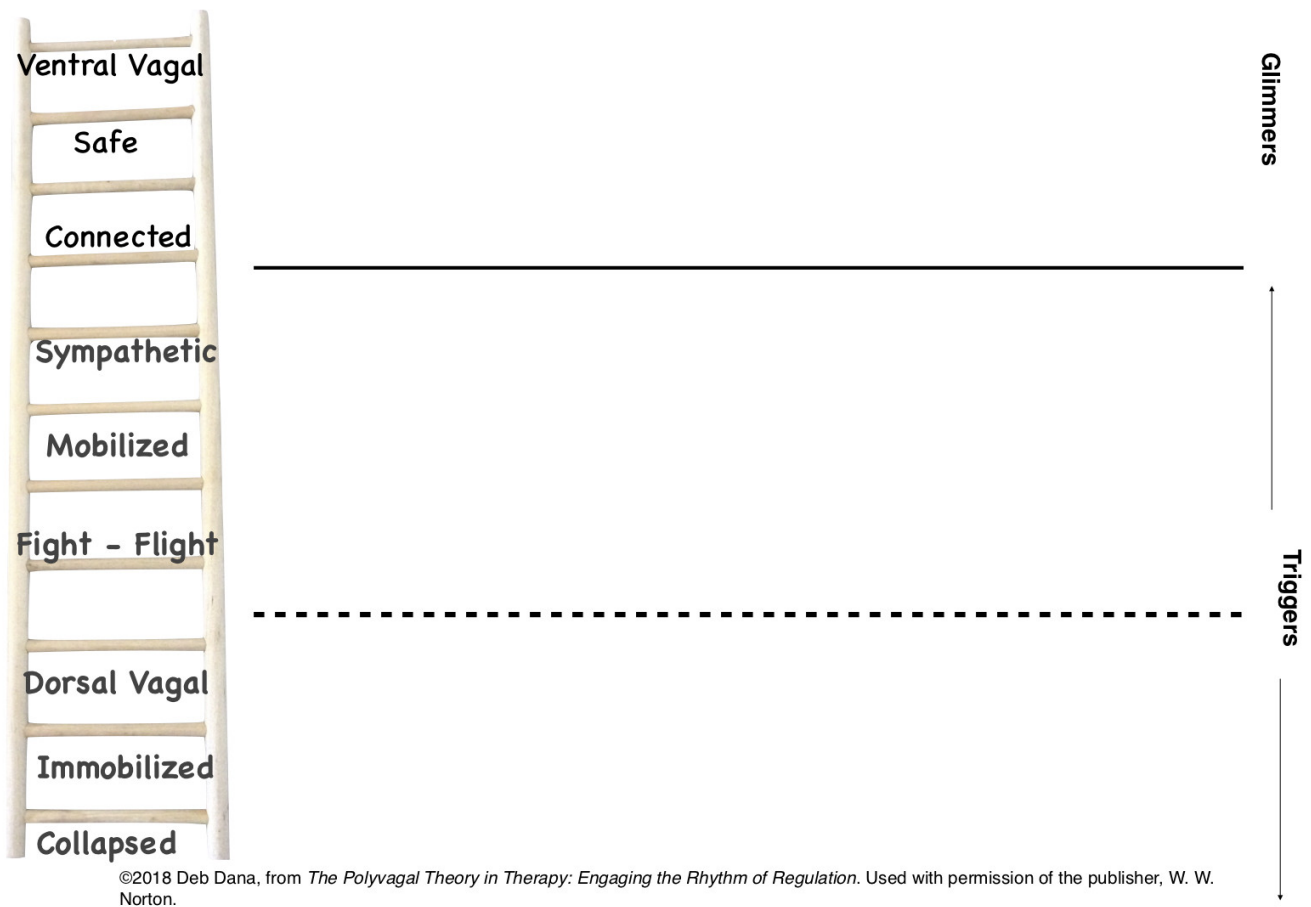
Ventral Vagal		
Safe		
Connected	The world is... I am...	
Sympathetic		
Mobilized		
Fight - Flight	The world is... I am...	
Dorsal Vagal		
Immobilized		
Collapsed	The world is... I am...	

©2018 Deb Dana, from *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. Used with permission of the publisher, W. W. Norton.

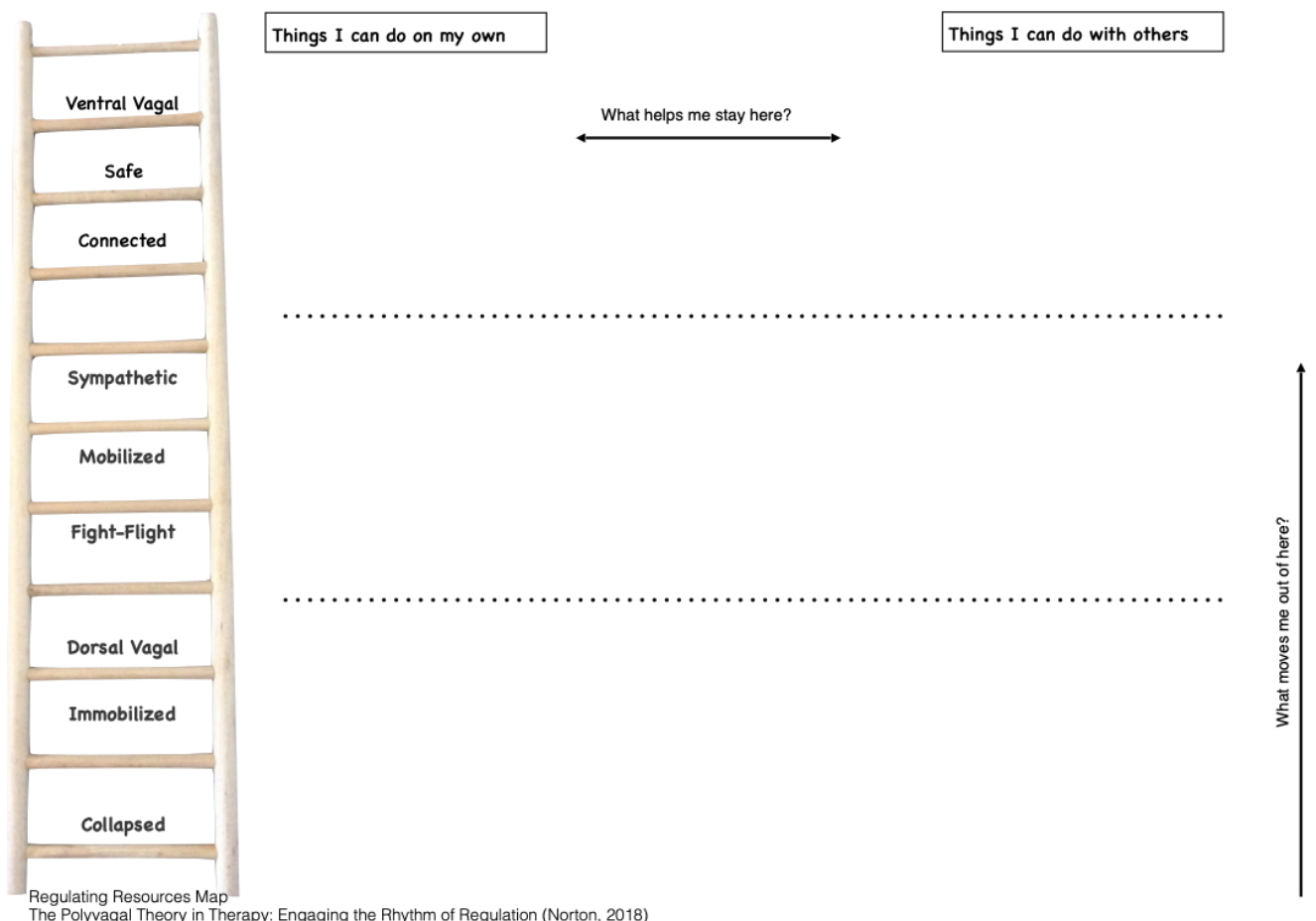
Part 2 - Recorded June 4th, 2020

<https://player.vimeo.com/video/426239408>

Handouts:



Regulating Resources Map



Revision #8

Created 20 May 2020 20:59:09 by Steve Bastian

Updated 23 April 2025 19:47:27 by Steve Bastian