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:



Part 2 - Recorded June 4th, 2020

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

Handouts:



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Regulating Resources Map



Regulating Resources Map
The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton, 2018)

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