

Greetings, PVI Friends!

With this issue, PVI is pleased to announce our first release of 'PVT Applications Courses.' These are courses which focus on the application of PVT to various disciplines, developed in collaboration with experts in those areas. We are also opening up our Group page and welcoming your participation in community conversations on a number of PV-related topics. New courses, discussion groups, international partners, exciting media events, and research - there's a lot going on. It's a long scroll, but we hope you'll be as pleased as we are that the polyvagal perspective is reaching new audiences in relevant and helpful ways.

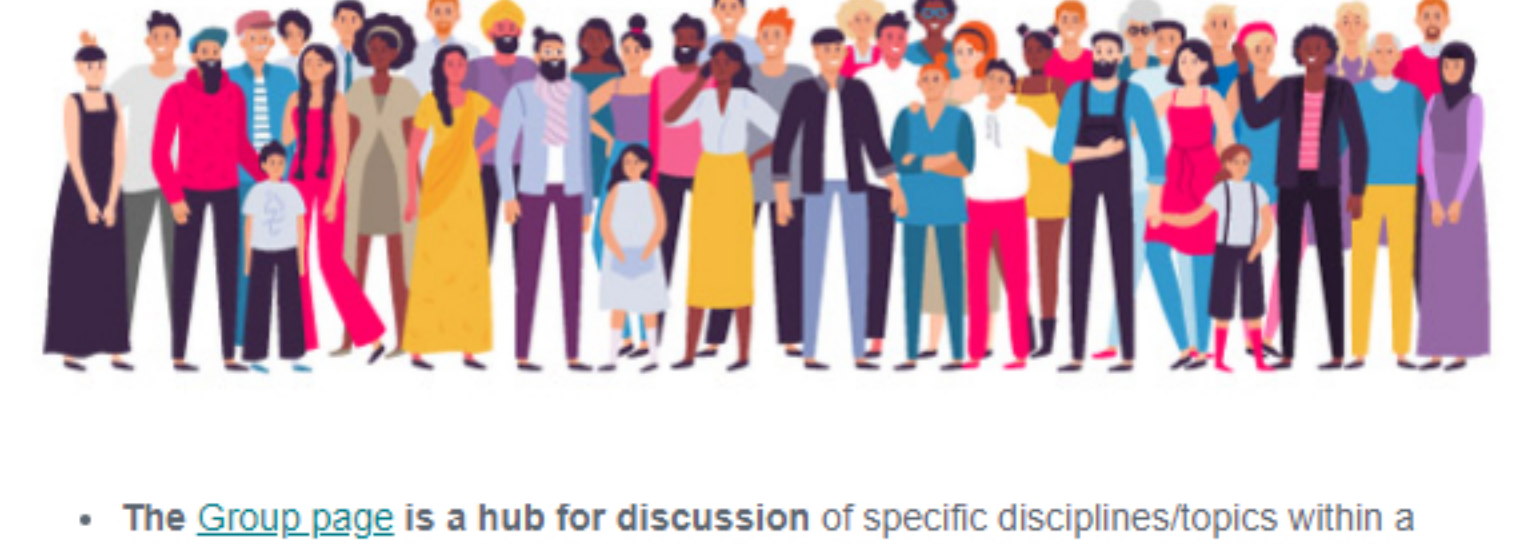
A heartfelt thanks from all of us at PVI for your support!
Randall Redfield, Executive Director

PVT IN EDUCATION - new PVT Applications Courses [available now](#)



- **Replacing Stockholm Syndrome: A Conversation with Jaycee Dugard, Rebecca Bailey, and Stephen Porges** by Rebecca Bailey, PhD, Jaycee Dugard, and Stephen Porges, PhD
- **Treating Trauma and Addiction with the Felt Sense Polyvagal Model** by Jan Winhall, featuring Stephen Porges, PhD
- **Pre- and Post-Birth Trauma for Adoptive Parents** by Norm Thibault, PhD, LMFT, featuring Stephen Porges, PhD
- **The Regulated Classroom** by Emily Daniels, M.Ed, MBA, NCC
- **The Trauma-Informed School Leader** by Emily Daniels, MEd, MBA, NCC
- **Applied Polyvagal Theory in Yoga: Simple Practices to Enhance Wellbeing**, by Arielle Schwartz, PhD, featuring Stephen Porges, PhD

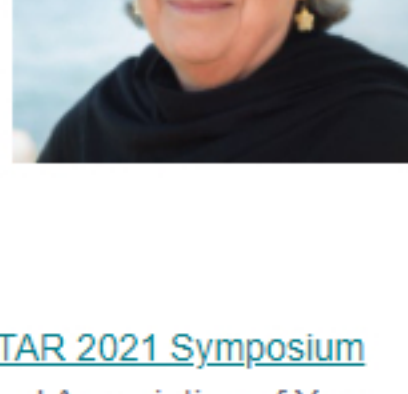
COMMUNITY - PVI Group Page



- The [Group page](#) is a hub for discussion of specific disciplines/topics within a polyvagal context. We're just now getting a few groups started and encourage anyone with an interest in these areas to join and participate: **PVT and Maternity: The First 1000 Days; Education; Adoptive Parenting; A Polyvagal Approach to Trauma and Addiction; A Polyvagal Approach to Yoga.**
- PVI is proud to introduce our partners in Germany, [Polyvagal Institut EU](#), with whom we are collaborating in the development of PV-related education and community. Headed up by Sonja Heinrich and H. Wolfgang Katte, under the auspices of the Chaja Foundation, Polyvagal Institut EU will be developing coursework in German as well as acting as PVI's key partner within the EU.

WORKSHOPS & PRESENTATIONS

- [Befriending Your Nervous System](#): a live online workshop with **Deb Dana** offered by **California Institute of Integral Studies (CIIS)** **June 26th and 27th**. In this workshop, Deb provides an examination of the organizing principles of Polyvagal Theory, teaching you to interpret the language of the nervous system through practices such as guided imagery, exploring present-moment awareness, and the mechanics of choice. Discover ways to reliably return to regulation, and how to become a regulating resource for others. Explore what it means to be a polyvagal informed person, personally and professionally.
- **Dr. Stephen Porges** gives a **Keynote Presentation** at [SYTAR 2021 Symposium on Yoga Therapy and Research](#) presented by the International Association of Yoga Therapists; Friday, June 18th 5:00 - 6:00 pm EST
- **Marilyn Sanders, MD** presents at [Pregnancy and Birth: What is Covid-19 teaching us about trauma informed choices?](#) This conference, organized by Whole Being Education, presents research and insights on the impacts of Covid-19 from leading speakers in the fields of pregnancy and birth, maternity, parenting and psychology. 7:05 AM EST on June 12th
- **Polyvagal Theory and ACT: For the first time, Dr. Stephen Porges, author of the Polyvagal Theory, and Dr. Steven C. Hayes, co-founder of Acceptance and Commitment Therapy (ACT),** sit down for a talk focusing on the intersection of their communities and schools of thought. Through in-depth and open-hearted discussion, they explore the similarities and differences of their approaches, and how they can complement each other in therapeutic work to help heal trauma, promote flexibility, nurture compassion, and encourage prosocial actions. Moderated by Dr. Maarten Aalberse, this free online webinar is a collaborative production by Praxis and the Polyvagal Institute, available on our [Courses page](#).

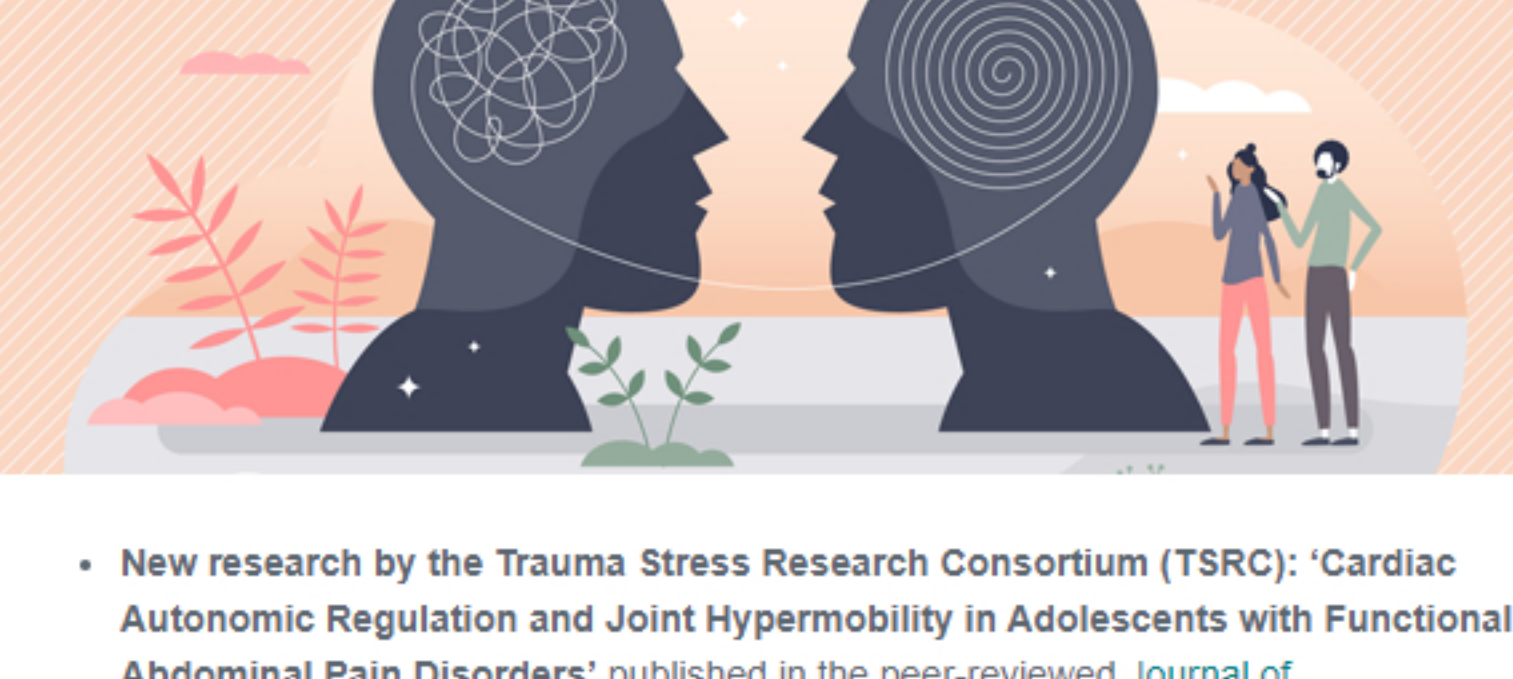


MEDIA & EVENTS

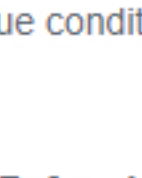


- Online world movie premiere for [The Wisdom of Trauma](#), featuring **Dr. Gabor Maté**, and a 7-day 'Talks on Trauma' expert teaching series with **LIVE Q&A**. This important film highlights how trauma impacts our world and what we can do about it as a society. The movie is broadcast June 8 – 14, 2021. The week includes interviews by Dr. Gabor with some of today's most well-known thinkers in the field of trauma, including Stephen Porges, Dan Siegel, Thomas Hubl, Peter Levine, Esther Perel, Resmaa Menakem, and others. **Drs. Mate and Porges will be speaking live on July 9th at 2:40 pm EST.**
- **New book release: Treating Trauma and Addiction with the Felt Sense Polyvagal Model: A Bottom-Up Approach** by Jan Winhall – release date of **June 25, 2021**. In contrast with the current top-down medicalized method to treating addiction, this book presents the felt sense polyvagal model (FSPM), a paradigm-shifting, bottom-up approach that considers addiction as an adaptive attempt to regulate emotional states and trauma. [Read more](#), including reviews by **Stephen Porges, Gabor Mate**, Harville Hendrix, Helen LaKelly Hunt and others. Also see Jan's new course by the same name on [PVI's Courses page](#).
- **Arielle Schwartz, PhD, and yoga instructor extraordinaire**, has a record-breaking busy month with 2 new publications and a course being released: her CD-based course entitled [Trauma Recovery: a Mind-Body Approach to Becoming Whole](#) is being released by Sounds True; her new book, [The Complex PTSD Treatment Manual: An Integrative, Mind-Body Approach to Trauma Recovery](#), is published by PESI; and her brand new course with PVI is available now on our Courses page: [Applied Polyvagal Theory in Yoga: Simple practices to enhance wellbeing](#). (!)
- **Guy Lawrence, Australian coach, speaker, wellness advocate** interviews **Dr. Porges** on his podcast, the session is entitled '[Polyvagal Theory and the Process of Healing Trauma](#)'.

RESEARCH

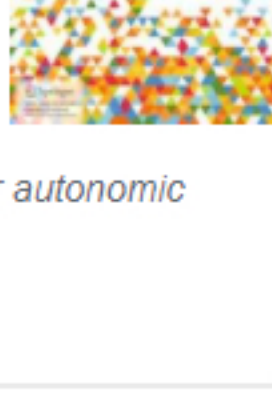


- **New research by the Trauma Stress Research Consortium (TSRC): 'Cardiac Autonomic Regulation and Joint Hypermobility in Adolescents with Functional Abdominal Pain Disorders'** published in the peer-reviewed [Journal of Neurogastroenterology & Motility](#). The authors used vagal efficiency, a measure informed by Polyvagal Theory, to study autonomic function in adolescents receiving care for abdominal pain. They found that the combination of GI pain and joint hypermobility, a poorly understood connective tissue condition, was associated with the most threat reactive autonomic profiles.



Kinsey Institute
INDIANA UNIVERSITY

Honoring Protective Responses: Reframing Resistance in Therapy Using Polyvagal Theory by Samuel Ryland, Lee N. Johnson and Julia C. Bernards, published in [Contemporary Family Therapy](#) May 9, 2021. Abstract excerpt: *Therapists often conceptualize resistance as client behaviors that impede progress; this perspective threatens the therapeutic alliance, especially in couple and family therapy where increased resistance and multiple alliances are present. Polyvagal theory reframes and normalizes resistant behaviors as preconscious, protective responses emerging from our autonomic nervous system.*



SUPPORT PVI



PVI is a non-profit organization dedicated to expanding polyvagal-related education and community here in the U.S. as well as internationally. Your donations help us create new courses and broaden our outreach. [Studies show](#) that giving to a good cause activates reward circuits in the brain. Go ahead, give yourself a boost, and [support PVI](#) at the same time!