

# Defining Safety

In this very first episode of How We Heal, we will define what safety really means to us and how our sense of safety affects our everyday lives. Join me, Lauren Hubele, and my colleagues Meagan Lemp and Cameron Scott as we dive into safety from perspectives in gemmotherapy, psychotherapy and eastern medicine.

To watch this episode, check out my YouTube channel!

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## Trailer for How We Heal

Healing can begin only once you feel safe, in your body and in our world. What will it take to learn to feel safe enough to heal?

Get a quick glimpse of all the juicy goodness to come in these rich doses of organic conversations with Japanese Acupuncturist Maegan Lemp, Gemmotherapist Lauren Hubele and Polyvagal Consultant Cameron Scott.

Listen to this alchemy of healing as these wise women offer proven practices, real life experiences and personal insights to guide you to safety.

Listen here and subscribe to my YouTube Channel so you don't miss a beat.

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## **Exploring Polyvagal Theory: The Central Nervous System as Your Command Central**

Trauma therapist and passionate polyvagalist Cameron Scott rejoins Lauren in this episode. Together they discuss the build-up of chronic trauma and why changing habitual patterns begins with the central nervous system.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of on the spot learning, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp guests explore the use of the Polyvagal Theory as a guide for selecting extracts.

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## **Exploring Polyvagal Theory: Activism and your Autonomic Nervous System**

Our current times have encouraged many to rally and join

forces with local activist movements. But have you considered how that engagement may impact your nervous system?

Maegan and Lauren provide a quick overview of the three principles of Polyvagal Theory which then sets the stage for a first-hand account from guest Christine Terrell. Just back from a local activist opportunity, Christine shares her experience and what she learned about the pre-conceptual responses of her autonomic nervous system.

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## **Exploring Polyvagal Theory and Gemmotherapy: Real Life Learning**

In this episode, Megan and Lauren share a few of their recent responses to real-life situations that have provided perfect opportunities to explore Polyvagal Theory and Gemmotherapy extracts for emotional resiliency.

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and guests explore the use of the Polyvagal Theory as a guide for selecting extracts.

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## **Exploring Polyvagal Theory: Extracts to assist our mobilization out of shutdown**

In this episode, Megan and Lauren share insights on nine Gemmotherapy extracts that can assist with mobilization out of a shutdown state ( dorsal vagal).

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## **Exploration of Polyvagal Theory: Tuning into Gemmos for the Sympathetic State**

In this episode, Megan and Lauren explore six extracts to organize sympathetic activation and prevent the need for fight or flight.

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## **Exploration of Polyvagal Theory: Sympathetic Activation through the Polyvagal Lens**

In this episode, Lauren and psychotherapist Cameron Scott breakdown a recent sympathetic activation experience using the Polyvagal lens.

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# **Exploration of Polyvagal Theory : Making Connections with Psychotherapist Cameron Scott**

In this episode, psychotherapist Cameron Scott returns to continue the conversation with Maegan and Lauren. Here they begin to discuss the connection between Gemmotherapy and the Polyvagal lens.

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## **Exploring Polyvagal Theory and Gemmotherapy: Meet Psychotherapist and Passionate Poly Vagalist Cameron Scott**

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## **Exploring Polyvagal Theory and Gemmotherapy: The Dorsal Vagal Experience**

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## **Exploring Polyvagal Theory and Gemmotherapy: Identifying your State**

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