

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.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, it helps us see and understand habitual emotional patterns enough to interrupt them. In this particular series, Health educator and Gemmotherapy expert Lauren Hubele and Acupuncturist Maegan Lemp explore how Polyvagal Theory may guide us to better select extracts to build emotional resilience.