

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.

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