

Explorations of Polyvagal Theory: Addressing trauma, can we do better?

Do you or someone you love suffer from the effects of developmental or complex trauma? If so you won't want to miss a minute of this conversation.

Listen in as we make serious inroads into understanding the subtle but significant challenges that disrupt the process of healing trauma. Six months ago we set out to explore what Polyvagal Theory could add to what we already knew about Asian Medicine and Gemmotherapy. We knew for certain that our current tools weren't reaching all the nooks and crannies where trauma likes to hide. But what could we discover by blending all three together? Might we be able to better meet individuals where they are with exactly the energy that would provide the necessary cues of safety? While we don't claim to have all of the answers we are closer than ever before.

In this organic series, Gemmotherapy expert and educator Lauren Hubele, Japanese Acupuncturist Maegan Lemp, and the Passionate Polyvagalist Cameron Scott explore the blended use of the Polyvagal Theory, Asian Medicine and Gemmotherapy extracts to restore a sense of safety and connection.