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The theory hinges on the idea that there are three components of the autonomic nervous system (ANS): the reptilian unmyelinated vagus branch, the sympathetic nervous system, and the myelinated neomammalian vagus branch. These branches, in order, correlate to different behavioral responses.

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The polyvagal theory focuses on the structure and function of the two efferent branches of the vagus, both of which originate in the medulla. More specifically, each branch is claimed to be associated with a different adaptive behavioural strategy, both of which are inhibitory in nature, being part of the parasympathetic nervous system.

## **Polyvagal theory - Wikipedia**

The world's leading expert on the autonomic nervous system, Porges is the mind behind the groundbreaking Polyvagal Theory, which has startling implications for the treatment of anxiety, depression, trauma and autism.

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Polyvagal responses provided a new conceptualization of the autonomic nervous system that emphasize neurophysiological mechanisms and phylogenetic shifts in the neural regulation of the psychological responses from the cranial nerves to the spine, spinal cord and lower aspects of the mammalian brain.

## **Stephen Porges - Wikipedia**

William Stranger interview Dr. Stephen Porges. Dr. Stephen Porges - Neuroscientist at the University of North Carolina - Department of Psychiatry (UNC Chapel...

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The Polyvagal Theory. Porges's Polyvagal theory identifies the

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vagus nerve as the safety gauge for your nervous system and the key driver of your emotional regulation, social connection and fear response. As you may know, your autonomic nervous system is divided into two major branches: the sympathetic nervous system which serves as the “gas pedal” to mobilize your body and brain into your “fight or flight” response to danger and the parasympathetic nervous system, which serves as ...

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