

# **Wisconsin Public Psychiatry Network Teleconference (WPPNT)**

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# WPPNT Reminders

## How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
  - Press # again to join. (There is no participant ID)

## Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.
- [Participate live to earn continuing education hours](#) (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2024.htm>

# Polyvagal Theory: Practical Strategies for Nervous System Regulation



Substance Use Counselor/Service  
Facilitator, Manifest Wellness  
Somatic Experiencing Training  
Certified Yoga Teacher  
Certified TRE (Trauma Releasing  
Exercises) Provider  
Safe and Sound Protocol Provider

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**Welcome!**

# Objectives

1. Identify the three main nervous system states.
2. Learn to do an autonomic nervous system check in.
3. Identify three somatic strategies to regulate the nervous system.

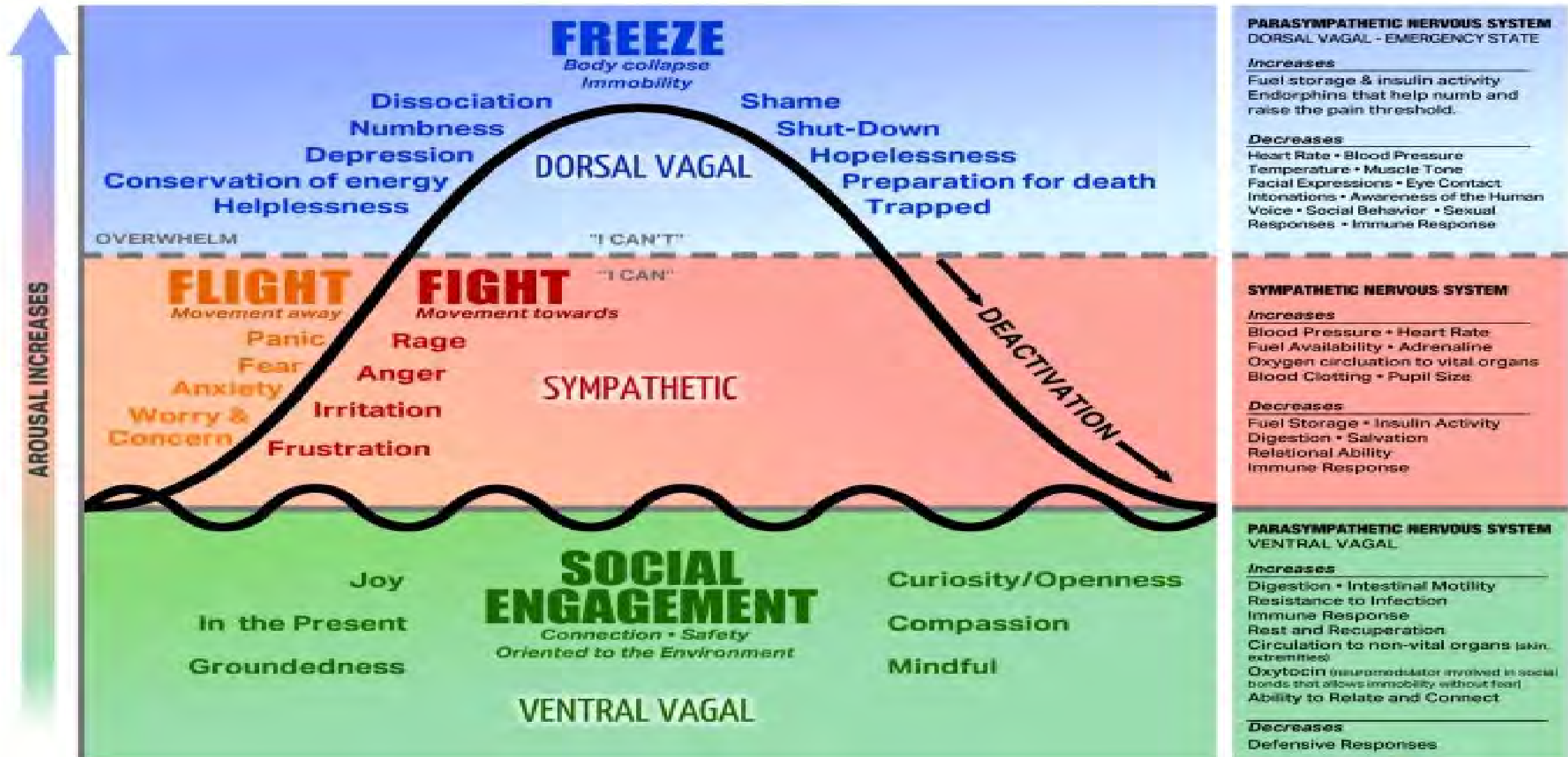
# Take Care of You!



## Regulating Ideas:

- Humming, Singing, Chanting
- Movement: Rocking, Dancing, Yoga, Walking, Bouncing, Rhythmic Movement
- Social Engagement and Co-Regulation: People, Nature, Pets
- Safe Touch
- Breathing
- Senses
- Have a snack or a drink of water/tea





Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

rubyjowalker.com

The system goes into stress states quickly, and comes out S-L-O-W-L-Y  
We cannot jump from stress to calm; we need time and safety to come out

# What are we trying to do?

Down-Regulate:  
reduce the amount of  
sympathetic energy in  
the system



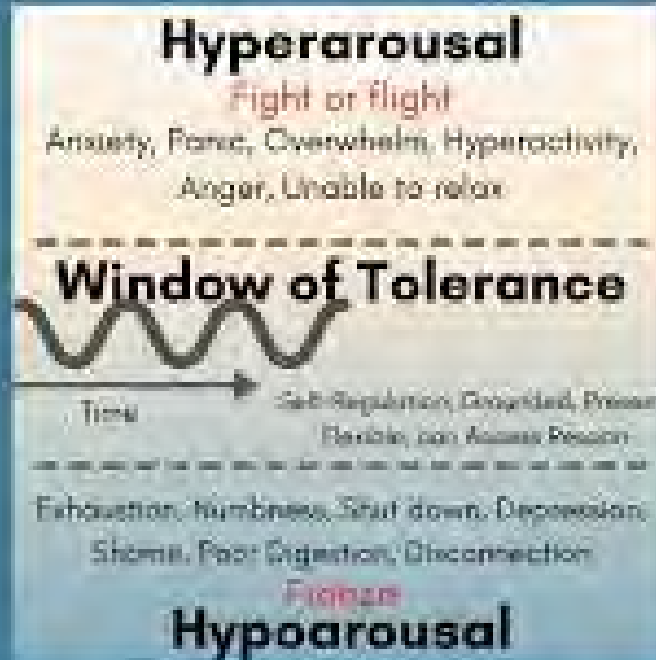
Increase access  
to and strength of  
the ventral  
system

Increase sense of  
safety, calm,  
connection

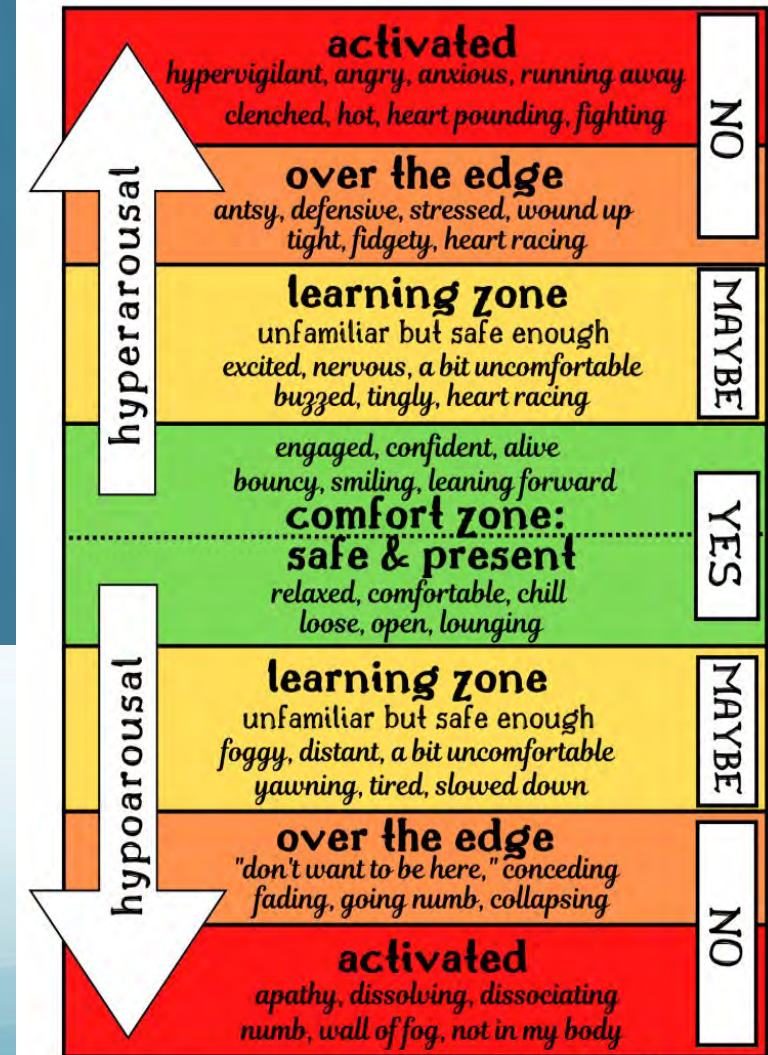
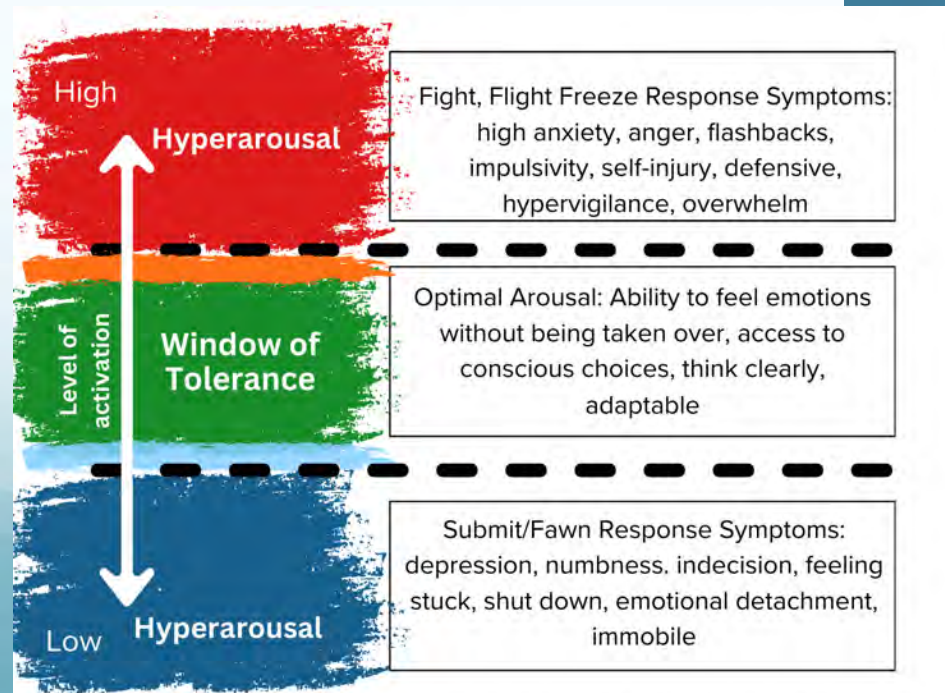
- Most people are spending too much time in a sympathetic/stressed state
- The stress response cannot complete, and the nervous system begins to lose its ability to down-regulate

Big Picture: Regulate in order to build capacity for more intense experience.

# THE WINDOW OF TOLERANCE



PSYCHOTHERAPY CENTRAL







## **GREEN LIGHT • All Safe**

Social Nervous System • Ventral Parasympathetic

- Heart rate slows • Settled / Grounded
- Saliva & digestion are stimulated
- Facial muscles are activated
- Increased vocal expressiveness & eye contact
- Middle ear muscles turn on — human voice range
- Self soothing • Interconnected / Bonding



## **ORANGE LIGHT • Danger / Fight or Flight**

Sympathetic Nervous System

- Heart races
- Saliva & digestion shuts down
- Grim / focused / intense facial affect
- Monotone voice • Avoid direct eye contact
- Middle ear muscles turn off — tuned to highs & lows



## **RED LIGHT • Freeze • Trauma**

Survival System • Dorsal Parasympathetic

- NO CONSCIOUS CONTROL
- Heart rate slows
- Dissociation / Not present • Flat facial affect
- Immobilization / Freezing / Collapse
- Disconnected • Auto pilot
- Death feigning • Low energy • Sleepy
- Trauma Vortex • Altered State of Consciousness encodes traumatic memories

# Autonomic Check-In

“101” of somatics

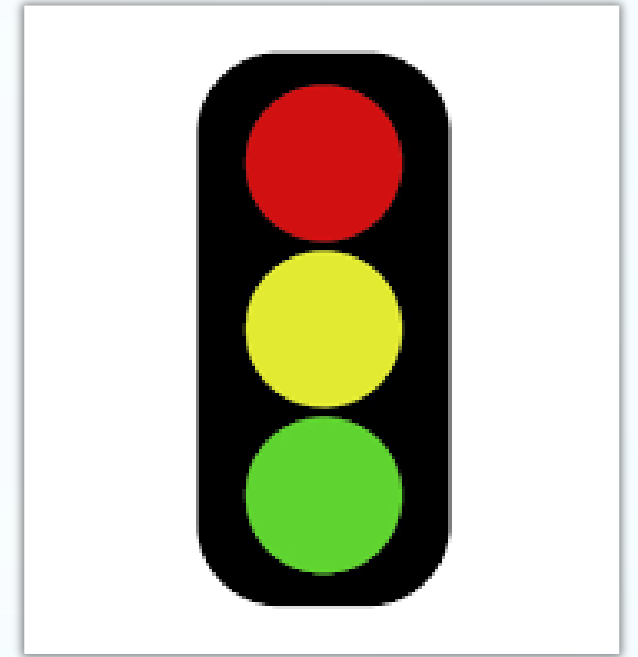
What is the dominant state of my nervous system in this moment?

Ventral (safe and connected)

Sympathetic (fight/flight)

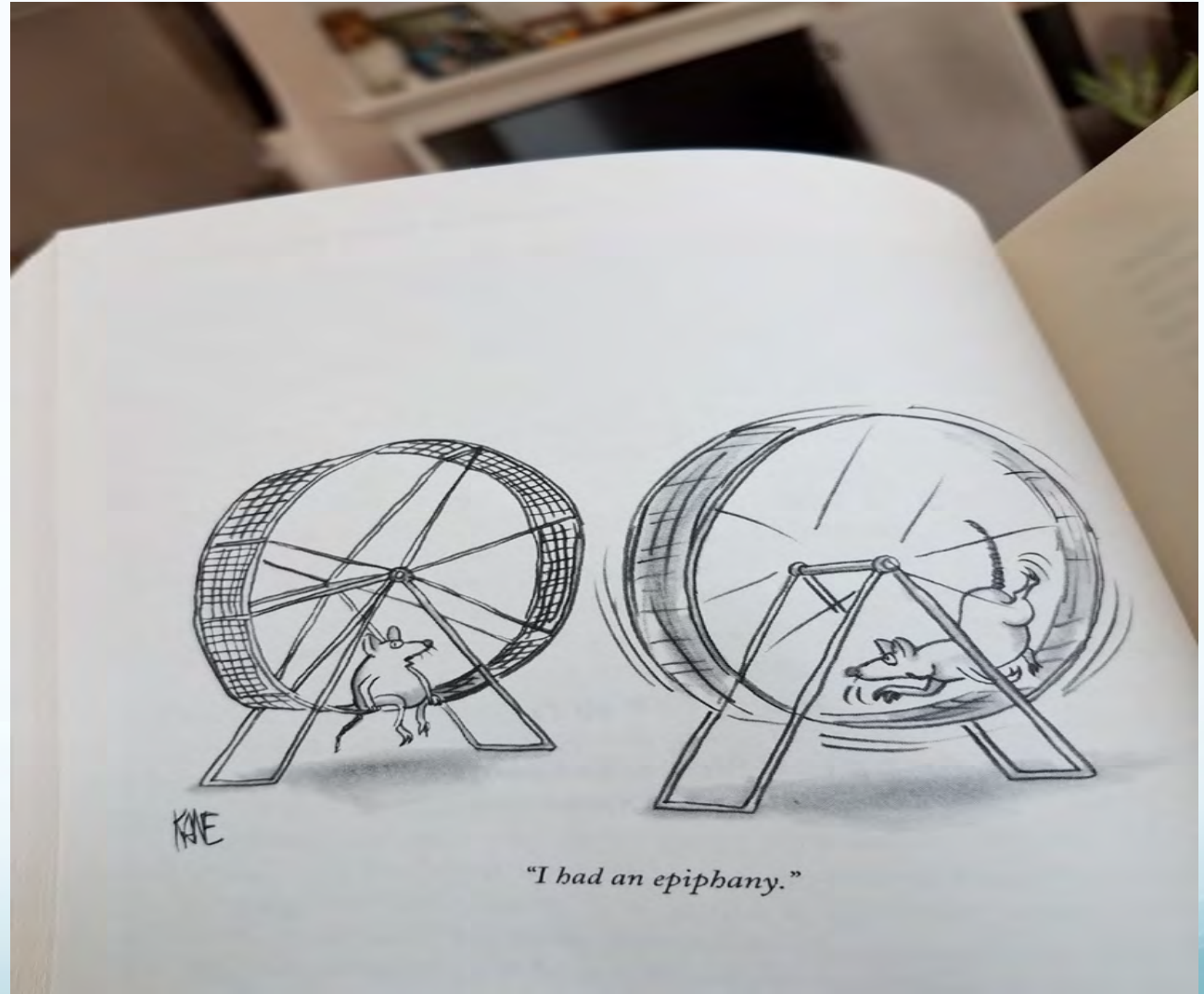
Dorsal (shut down)

How do I know? How does my body tell me?



# Why work with the body? (Somatics)

- Messages go both ways between the body and the brain
- 80% of messages from body to brain
- 20% of messages from brain to body
- Messages travel between higher (executive/conscious) brain areas and lower (automatic/unconscious) brain areas
- More, faster messages go from lower brain areas to higher brain areas (fractions of a second)
- Regulating the body helps regulate the brain and turn down/off danger signals
- Helps create space from unhelpful, looping cognitive "stories"
- Access point for implicit memory



# Tracking Body Sensations

“102”

Temperature? Weight? Movement? Texture? Color? Image? Sound? Emotion?

## Signs of a completing/completed stress cycle

Physical: digestion (burping, feeling hungry, stomach growling, gas), shaking, yawning, coughing, hiccups, sigh, involuntary/unconscious movement

Emotional: tears, laughing, more in touch with emotions

Mental: clear mind, feeling “more present”

Relational: making eye contact, orienting to faces, seeking connection and support with people, animals, nature, attachment objects, feeling safe, speaking with prosody (change in voice)



# Basic Regulatory Strategies

## Movement

- Joints
- Eyes, head and neck (orienting)

## Touch

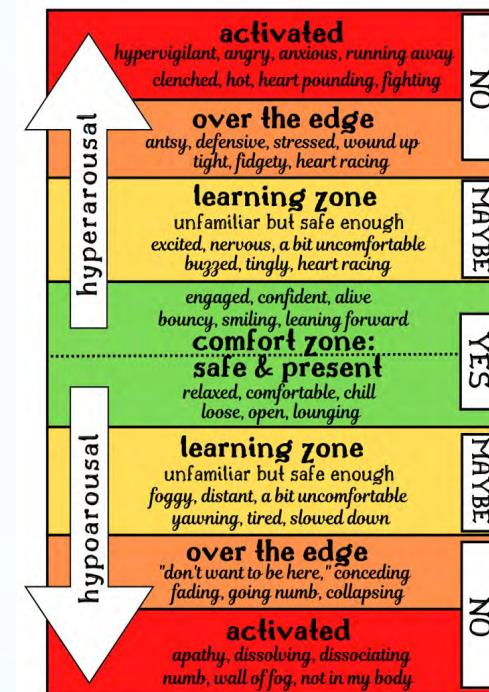
- Holds
- Sensing/Offering Support (back, feet, eyes)
- Tapping

## Voice

- Humming
- “Voo”

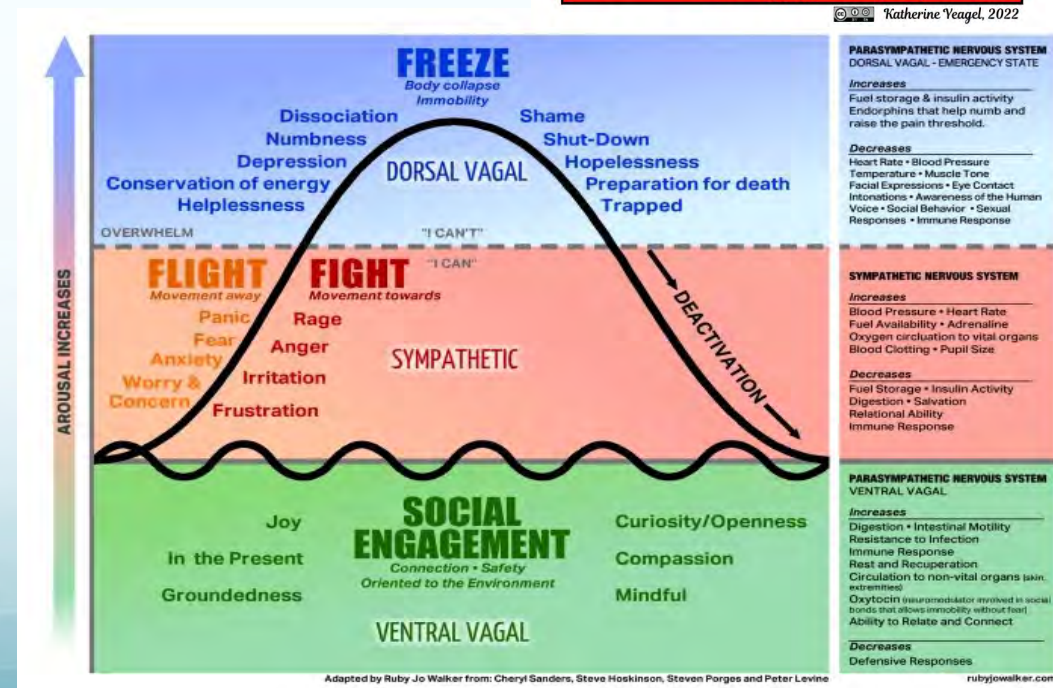
## Imagination

- Imagine supportive person/pet
- Think of safe place



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Am I moving up the curve or down the curve?



# More Tracking Practices

“103”

- Bringing in a resource
- Working the periphery
- Titration
- Pendulation