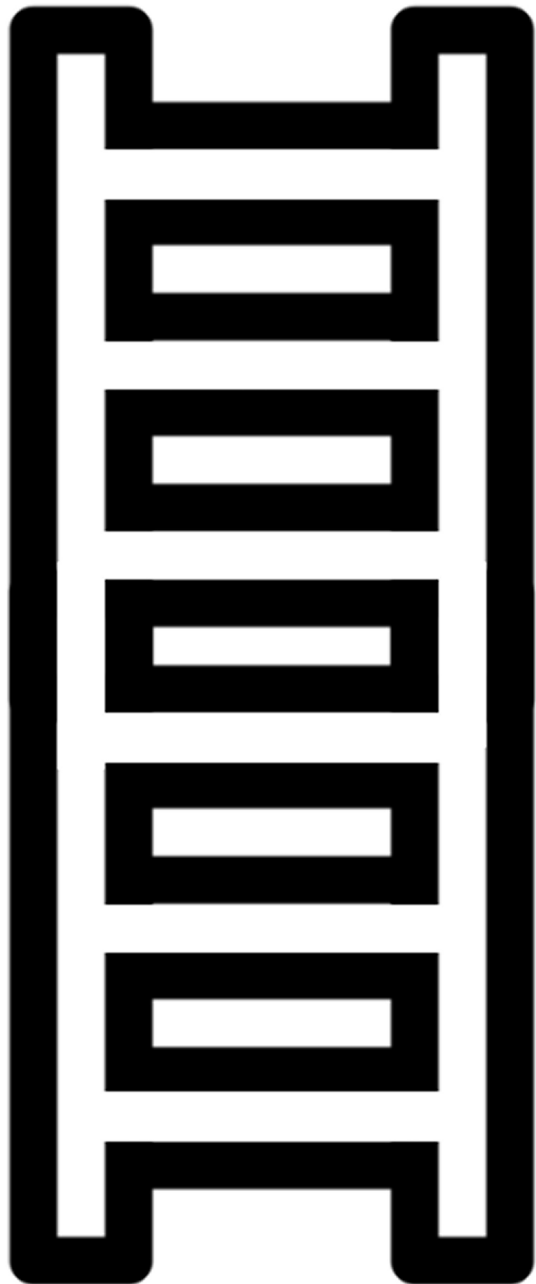


PRIMARY & MIXED STATES of the Autonomic Nervous System

The Polyvagal Theory by Dr Stephen Porges / "The Polyvagal Ladder" by Deb Dana, LCSW / image by Justin Sunseri, LMFT



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