

I promised to send some literature about the Polyvagal Theory from Stephen Porges. As I said in the Q&A, it is a very profound work and it is essential for a deeper understanding of the autonomic system.

Here are some references:

Porges, S. (1998). Love: An Emergent Property of the Mammalian Autonomic Nervous System. *Psychoneuroendocrinology*, 23(8), 837–861.

Porges, S. (2011): *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation*, Norton

Porges, S. (2017): *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*, Norton

Porges, S./ Dana, D. (2018): *Clinical Application of the Polyvagal Theory*. Norton

There are various Lectures and Clips on the Internet. Here is one:

https://youtu.be/SRTkkYjQ_HU

And another interview:

<https://youtu.be/ivLEAlhBHPM>