

The Science of Safety: Understanding the Role of the Nervous System in Our Mental Health

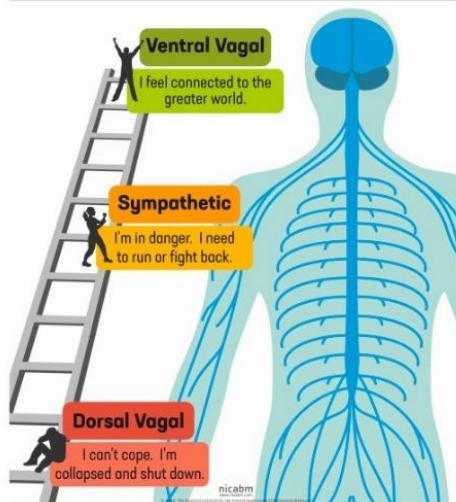
11/29 Tuesday @C209
13:00-14:30



Presenter:
Dr. Hayley Rose
Clinical Psychologist
(Ganjuu Wellbeing Service)

Why is it that when you have a tense conversation with a boss, coworker, or partner, you feel like you're staring down a charging rhinoceros? How is it that both situations cause a fight-or-flight response? To answer these questions, we will take a closer look at the autonomic nervous system and the way our biology helps us navigate daily life, how we respond to cues of safety and danger below the level of conscious thought, and

Polyvagal Theory: The Autonomic Ladder
Understanding the Nervous System
Adapted from Deb Dana, LCSW



how this guides the way we move through the world, from turning toward and backing away, to connecting and other times isolating. If this ignites the curious part of you, please come and join me, and let's befriend our autonomic nervous system together.

This seminar is open to OIST wide community.
Feel free to contact ganjuu@oist.jp
If you have any questions.

