

1 Science & Foundational Frameworks

Core Neuroscience The Foundation	Neurophysiology The Mechanics	Neuropsychology The Thinking & Feeling Self	Genetics & Epigenetics The Programming	Circadian & Bio Rhythms The Timing Systems	Developmental Neuroscience The Formation	Social Neuroscience The Connection	Sensory, Cognitive Processing The Input Systems	Cultural Neuroscience The Context	Embodied Cognition The Integration	Trauma & Stress Science Rupture & Repair	Nervous System Disorders The Variations	Regulation Science Your Daily Practice
1.Central nervous system architecture (brain, spinal cord, peripheral nerves) 2.Autonomic nervous system (sympathetic/parasympathetic/dorsal vagal) 3.Polyvagal theory (Stephen Porges) - hierarchy of response 4.Neuroception - subconscious safety/threat detection 5.Window of tolerance (Dan Siegel) - optimal arousal zone 6.Neuroplasticity - capacity for change and adaptation 7.Vagal tone and vagus nerve function 8.Fight/flight/freeze/fawn response patterns	1.Heart Rate Variability (HRV) and coherence patterns 2.Stress response cascade (HPA axis, cortisol, adrenaline) 3.Neurotransmitter systems (GABA, serotonin, dopamine, norepinephrine) 4.Brain wave patterns (alpha, beta, theta, delta) and regulation 5.Inflammation and immune system connections 6.Cellular biology - mitochondrial function, cellular stress responses 7.Fascial/connective tissue research - vagal pathways, tensility 8.Gut-brain axis - microbiome, enteric nervous system, vagal communication	1.Hereditary nervous system patterns and predispositions 2.Epigenetic changes through nervous system experiences 3.Gene expression and environmental nervous system factors 4.Evolutionary biology - adaptive value of nervous system responses 5.Evolutionary trauma and species-level nervous system patterns	1.Hereditary nervous system patterns and predispositions 2.Epigenetic changes through nervous system experiences 3.Gene expression and environmental nervous system factors 4.Evolutionary biology - adaptive value of nervous system responses 5.Evolutionary trauma and species-level nervous system patterns	1.Circadian biology and nervous system synchronization 2.Sleep cycles and nervous system recovery patterns 3.Ultradian rhythms and energy management cycles 4.Seasonal patterns and light exposure effects on regulation 5.Hormonal cycles and nervous system fluctuations 6.Meal timing and metabolic nervous system impacts 7.Work-rest cycles and sustainable performance rhythms	1.Critical periods and sensitive windows 2.Co-regulation to self-regulation development pathway 3.Adverse Childhood Experiences (ACEs) and nervous system impact 4.Developmental trauma and neurobiological effects 5.Intergenerational transmission of nervous system patterns 6.Resilience factors and protective experiences 7.Neurodevelopmental disorders and nervous system variations	1.Attachment theory (Bowlby, Ainsworth, Main) - secure/insecure patterns 2.Attachment neuroscience and bonding 3.Mirror neuron systems and attachment 4.Emotional contagion and co-regulation dynamics 5.Social engagement system (facial expressions, vocalization, listening) 6.Resilience factors and protective experiences 7.Neurodevelopmental disorders and nervous system variations	1.Sensory processing patterns (hypo/hyper sensitivity, integration) 2.Interception - internal bodily awareness 3.Proprioception and spatial awareness 4.Cognitive neuroscience - prefrontal cortex, executive function 5.Attention regulation and focus capacity 6.Memory systems (procedural, semantic, episodic) and nervous system states 7.Sensory modulation and environmental sensitivity	1.Cultural influences on nervous system development and expression 2.Interception - internal bodily awareness 3.Cultural trauma and healing practices 4.Indigenous wisdom and nervous system understanding 5.Cultural rituals and nervous system regulation 6.Cross-cultural variations in emotional expression and regulation 7.Cultural context of safety and threat perception	1.Somatic markers in decision-making (Damasio) 2.Embody emotion and feeling states 3.Body-mind integration research 4.Emotional intelligence 5.Embody self-awareness and presence 6.Somatic psychology principles	1.Trauma response typology and survival strategies 2.Complex PTSD and developmental trauma (van der Kolk, Herman) 3.Anxiety disorders from nervous system perspective 4.Depression and nervous system regulation 5.Sensory processing disorders 6.Neurodevelopmental variations and atypical patterns 7.Chronic illness and nervous system impact 8.Vicarious and secondary trauma	1.Autism spectrum disorders and nervous system differences 2.Meditation and mindfulness neuroscience 3.Movement therapies and somatic practices 4.Touch and nervous system regulation 5.Environmental factors (nature, sound, light, space) 6.Nutritional psychiatry and nervous system support 7.Sleep hygiene and recovery protocols 8.Creative expression and nervous system regulation 9.Psychedelic research and nervous system reset	1.Breathing techniques and respiratory influence on nervous system 2.Meditation and mindfulness neuroscience 3.Movement therapies and somatic practices 4.Touch and nervous system regulation 5.Environmental factors (nature, sound, light, space) 6.Nutritional psychiatry and nervous system support 7.Sleep hygiene and recovery protocols 8.Creative expression and nervous system regulation 9.Psychedelic research and nervous system reset

The basic building blocks - how the system works

Time and growth - natural cycles and change

How we connect and process information

When things go wrong

Freedom

2 Individual Assessment & Awareness

Nervous System State Recognition Self Foundation	Body-Mind Flow Awareness Body Intelligence	Emotional Regulation Assessment Feeling States	Cognitive Function Assessment Mental Clarity	Environment Sensitivity Context Awareness	Self Regulation Capacity Assessment Personal Mastery	Co-Regulation Awareness Interpersonal Impact
1.Autonomic state identification (sympathetic/parasympathetic, dorsal vagal activation) 2.Window of tolerance awareness and tracking 3.Fight/flight/freeze/fawn response pattern recognition 4.Arousal level assessment (hyper/hypo activation) 5.Nervous system capacity and resource evaluation 6.Activation threshold and trigger identification 7.Recovery pattern and regulation capacity assessment	1.Interceptive accuracy and internal bodily sensation recognition 2.Breath pattern awareness and respiratory assessment 3.Muscle tension and physical holding pattern identification 4.Heart rate variability and cardiovascular awareness 5.Postural awareness and embodiment assessment 6.Movement quality and coordination evaluation 7.Somatic marker recognition in decision-making	1.Emotional activation and intensity tracking 2.Emotional regulation capacity evaluation 3.Trigger identification and emotional pattern mapping 4.Emotional recovery time assessment 5.Emotional granularity and differentiation skills 6.Affect tolerance and emotional window assessment 7.Co-regulation needs and emotional interdependence	1.Attention and focus capacity under different nervous system states 2.Emotional regulation and environmental sensitivity 3.Executive function assessment (planning, working memory, flexibility) 4.Decision-making capacity and cognitive load evaluation 5.Mental fatigue and cognitive resource assessment 6.Memory function in various nervous system states 7.Processing speed and cognitive efficiency 8.Metacognitive awareness and self-monitoring skills	1.Sensory processing patterns and environmental sensitivity 2.Physical environment impact on nervous system states 3.Social environment and relational nervous system responses 4.Neuroception accuracy (safety/threat detection calibration) 5.Environmental overwhelm and stimulation thresholds 6.Optimal environment identification for regulation 7.Workplace and living space nervous system assessment	1.Self-soothing and self-calming effectiveness evaluation 2.Recovery time and resilience pattern assessment 3.Regulation tool effectiveness and personal preferences 4.Stress tolerance and adaptive capacity measurement 5.Personal regulation practice consistency and impact 6.Coping strategy repertoire and flexibility assessment 7.Self-advocacy and boundary-setting capacity	1.Personal nervous system impact on others assessment 2.Attachment and empathy capacity evaluation 3.Communication effectiveness in different nervous system states 4.Conflict and repair capacity in relationships 5.Leadership presence and nervous system modeling 6.Social engagement and connection capacity 7.Collective nervous system awareness and group dynamics

3 Modalities & Interventions - Hyperarousal

Immediate Discharge & Contain Crisis Intervention	Grounding & Stabilisation Restore Safety To The Moment	Breathing Regulation Parasympathetic Activation	Somatic Discharge Practices Body-Based Release	Cognitive Regulation Mental Calming	Environmental Modification External Regulation	Advanced Integration Practices Long-Term Regulation
1.Progressive muscle relaxation and systematic tension release 2.High-intensity cardiovascular exercise for energy discharge 3.Cold exposure therapy and ice applications 4.Vocal release techniques (troning, humming, controlled yelling) 5.Neurogenic tremor and shaking practices (TRE) 6.Vigorous movement and martial arts for contained aggression 7.Rapid breathing techniques for sympathetic discharge	1.5-4-3-2 sensory grounding and present-moment anchoring 2.Weighted blankets and deep pressure stimulation 3.Earthing and direct ground contact 4.Heavy work activities and proprioceptive loading 5.Cold compress applications and cooling interventions 6.Firm touch, massage, and pressure point work 7.Gravity-assisted positions and supported rest	1.Extended exhale breathing patterns 4-7-8, coherent breathing 2.Box breathing and rhythmic breath control 3.Vagal breathing with humming and vocalization 4.Diaphragmatic breathing and belly focus 5.Breath retention and CO2 tolerance building 6.Alternate nostril breathing (Nadi Shodhana) 7.HRV biofeedback and coherence training	1.Somatic Experiencing completion cycles and discharge 2.TRE neurogenic trembling and involuntary movement 3.Bioenergetic exercises and emotional release work 4.Authentic Movement and expressive dance therapy 5.Continuum Movement for nervous system flow 6.Active bodywork and manual therapy interventions 7.Rolling and structural integration for held tension	1.Mindfulness meditation adapted for hyperactivation 2.Loving-kindness and self-compassion practices 3.Body scan meditation with acceptance and release 4.Cognitive reframing and thought interruption techniques 5.DBT distress tolerance and emotional regulation skills 6.RAIN technique and mindful awareness practices 7.Visualization and guided imagery for calm states	1.Lighting reduction and visual stimulation control 2.Sound dampening and acoustic environment management 3.Temperature regulation and cooling strategies 4.Organized spaces and environmental simplification 5.Nature immersion and outdoor regulation 6.Hydrotherapy and water-based interventions 7.Aromatherapy and essential oils for nervous system calming	1.EMDR and bilateral stimulation for trauma processing 2.Somatic psychotherapy and body-oriented healing 3.Neurofeedback and brainwave regulation training 4.Polyvagal-informed therapeutic approaches 5.Internal Family Systems work for hyperactivated parts 6.Hakomi Method and mindful somatic awareness 7.Psychedelic-assisted therapy in clinical settings

Modalities & Interventions - Hypoarousal

Activate & Mobilise Energy Building	Respiratory Activation Energy & Alertness	Sensory Stimulation Nervous System Activation	Movement Activation Building Capacity	Cognitive Stimulation Mental Activation	Social Connection & Co-regulation External Energy Support	Advanced Therapeutic Support Long-Term Regulation
1.Micro-movements and gentle mobilization exercises 2.Supportive stretching and assisted range of motion 3.Rhythmic movement and gentle bouncing 4.Gradual walking and progressive mobility 5.Self-massage and circulation stimulation 6.Pendulation movements and oscillation 7.Postural activation and supported standing	1.Energizing breath patterns (breath of fire, bellows) 2.Rapid breathing for sympathetic activation 3.Chest breathing and upper respiratory engagement 4.Breath holds on inhalation for energy building 5.Vigorous pranayama techniques (Bhastrika, Kapalabhati) 6.Cold exposure breathing protocols 7.Movement-synchronized breathing patterns	1.Bright light therapy and phototherapy 2.Textural stimulation and varied tactile input 3.Chest breathing and upper respiratory engagement 4.Alerting essential oils and aromatherapy 5.Rhythmic music and auditory stimulation 6.Tactile brushing and sensory activation 7.Visual stimulation and color therapy	1.Feldenkrais Method for gentle nervous system education 2.Alexander Technique for postural awareness and energy 3.Progressive cardiovascular exercise and endurance building 4.Dance therapy with gradual energy increases 5.Tai Chi and Qigong for gentle activation 6.Aquatic therapy and water-based movement 7.Therapeutic exercise and strength building	1.Engaging puzzles and cognitive challenges 2.Creative activities and artistic expression 3.Learning new skills and neuroplasticity activation 4.Authentic interaction and conversational engagement 5.Memory games and cognitive training 6.Problem-solving and strategic thinking 7.Curiosity-building and exploratory activities	1.Safe social engagement and supportive relationships 2.Group activities and community participation 3.Animal-assisted therapy and pet interaction 4.Therapeutic relationships and professional support 5.Mentoring and guidance relationships 6.Family connections and intergenerational support 7.Cultural activities and ancestral practices	1.Somatic Experiencing adapted for activation and mobilization 2.EMDR modified for hypoarousal and immobilization states 3.Internal Family Systems for withdrawn and exiled parts 4.Somatic psychotherapy with gentle activation focus 5.Polyvagal-informed capacity building approaches 6.Neurofeedback for arousal regulation and activation 7.Ketamine-assisted therapy for treatment-resistant depression

4 Practitioners & Facilitators

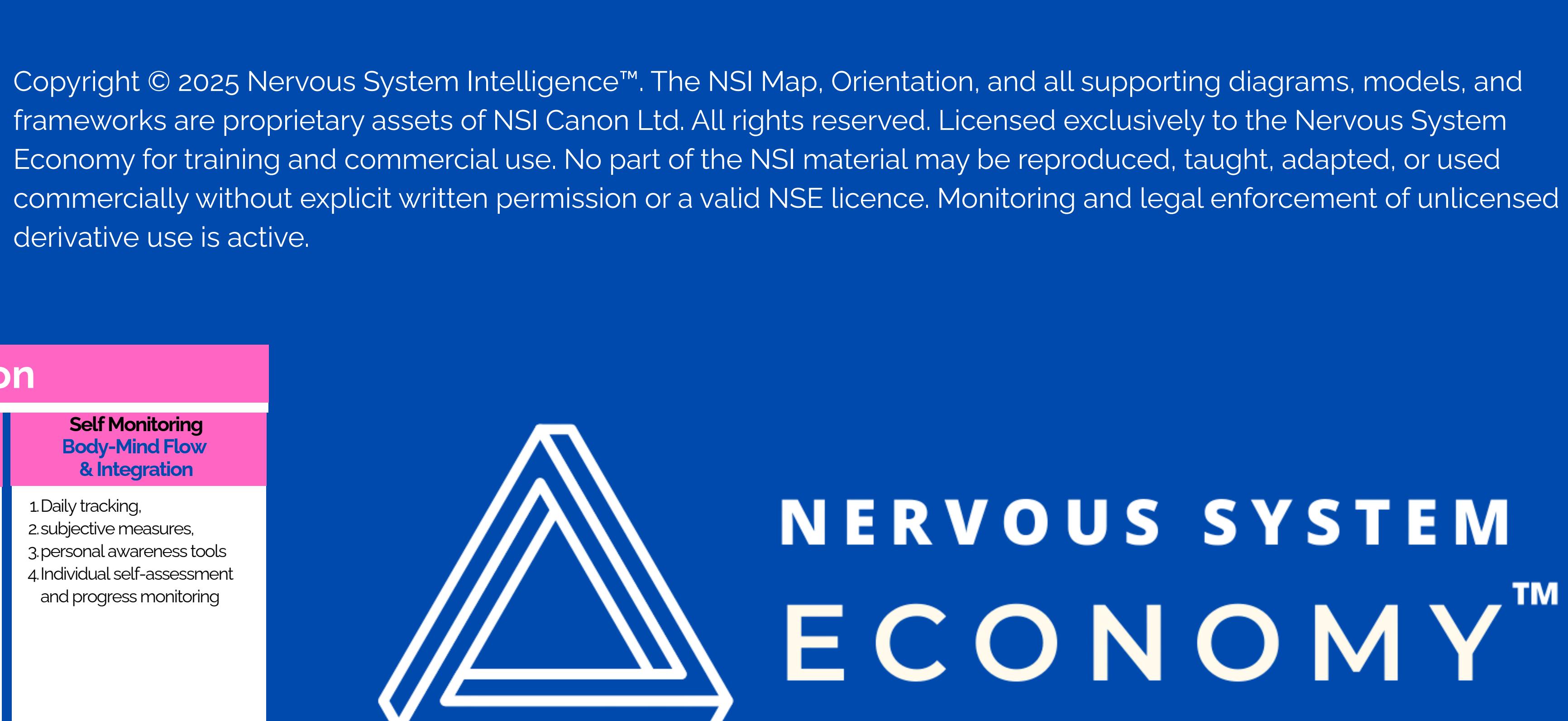
Medical Professionals Clinical Foundation	Mental Health Professionals Psychological Expertise	Somatic Therapy Body-Mind Flow & Integration	Trauma Informed Specialists Specialised Interventions	Movement & Bodywork Practitioners Physical Integration	Breathwork & Regulation Specialists State Management	Coaches & Performance Optimisation Focus
1.Psychiatrists with trauma and nervous system specialization 2.Physicians integrating nervous system approaches in practice 3.Neurologists specializing in autonomic nervous system disorders 4.Emergency medicine doctors with trauma-informed training 5.Integrative medicine physicians using somatic approaches 6.Pain management specialists with nervous system focus 7.Family medicine doctors with mind-body training 8.Psychologists with embodiment focus	1.Clinical psychologists w/ trauma and somatic specialization 2.Licensed clinical social workers with nervous system training 3.Marriage and family therapists using attachment-based approaches 4.Addiction counselors w/ trauma-informed & somatic methods 5.Expressive arts therapists w/ nervous system integration 6.Neuropsychologists w/ brain-body connections training 7.Positive psychology practitioners with embodiment focus	1.Somatic Experiencing (Peter Levine training) 2.Hakomi Method therapists and somatic bodyworkers 3.Sensorimotor Psychotherapy practitioners (Pat Ogden approach) 4.Body-Mind Centering practitioners 5.Bioenergetic Analysis therapists and somatic healers 6.Focusing-oriented therapists and felt-sense specialists 7.Authentic Movement facilitators and dance therapists	1.EMDR therapists 2.Complex trauma specialists using somatic modalities 3.Brainspotting practitioners 4.Internal Family Systems therapists with somatic integration 5.Expressive arts therapists specializing in trauma recovery 6.Play therapists using nervous system informed approaches 7.Couples therapists with attachment and co-regulation focus	1.Feldenkrais Method 2.Complex trauma specialists using somatic modalities 3.Brainspotting practitioners 4.Internal Family Systems therapists with somatic integration 5.Expressive arts therapists specializing in trauma recovery 6.Play therapists using nervous system informed approaches 7.Couples therapists with attachment and co-regulation focus	1.Breathwork facilitators and pranayama instructors 2.Wim Hof Method instructors and cold exposure specialists 3.Holotropic Breathwork practitioners and facilitators 4.Craniosacral therapists with nervous system focus 5.Massage therapists with nervous system training 6.Osteopathic practitioners specializing in nervous system health 7.Chiropractic doctors with nervous system specialization	1.Executive coaches w/ nervous system, Co-Regulation training 2.Performance coaches specializing in stress optimization 3.Nervous System Informed Life coaches 4.Nervous System Informed Business Leaders 5.Athletic performance coaches with mind-body integration 6.Relationship coaches with attachment and co-regulation focus 7.Wellness coaches with nervous system regulation expertise

5 Applications & Contexts

Self	Others Relational Applications	Systems & Structure
1.Mental health and emotional regulation 2.Performance optimisation and flow states 3.Stress management and resilience building 4.Trauma recovery and healing 5.Sleep quality and energy management 6.Decision-making and intuition 7.Physical health and chronic condition management 8.Creative expression and artistic performance 9.Learning enhancement and cognitive function 10.Life transitions and major changes 11.Personal development and self-awareness 12.Spiritual growth and consciousness expansion	1.Parenting - child development 2.Couples therapy - relationship healing 3.Family dynamics and intergenerational patterns 4.Friendship and social connections 5.Conflict resolution and communication 6.Teaching and mentoring 7.Community building and group dynamics 8.Social skills and interpersonal effectiveness 9.Empathy development and emotional attunement 10.Leadership presence and influence	1.Business Culture, Performance & Competitive Advantage 2.Educational reform and trauma-informed schooling 3.Healthcare system integration and patient-centered care 4.Criminal justice reform 5.Military and first responder resilience & PTSD prevention 6.Community trauma healing and collective recovery 7.Cultural healing and societal nervous system regulation 8.Environmental crisis response and collective climate resilience 9.Urban planning and community nervous system considerations

6 Measurement & Evaluation

Physiological Objective Measures	Psychological Behavioural Measures	Self Monitoring Body-Mind Flow & Integration
1.HRV, EEG, hormone testing, autonomic function assessment 2.Measurable biological indicators of nervous system state	1.Standardized questionnaires, observation protocols, clinical interviews 2.Professional assessment tools and diagnostic methods	1.Daily tracking 2.subjective measures 3.personal awareness tools 4.Individual self-assessment and progress monitoring



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