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The polyvagal construct was introduced to emphasize and document the neurophysiological and neuroanatomical distinction between two branches of the tenth cranial nerve (vagus) and to propose that each vagal branch was associated with a different adaptive behavioral strategy.

The polyvagal theory: phylogenetic substrates of a social

A book for clinicians and clients to use together that explains key concepts of body psychotherapy. The body's intelligence is largely an untapped resource in psychotherapy, yet the story told by the "somatic narrative" -- gesture, posture, prosody, facial expressions, eye gaze, and movement -- is arguably more significant than the story told by the words.

Sensorimotor Psychotherapy: Interventions for Trauma and

"This fascinating book is truly a must-read for anyone interested in the biological underpinnings of human perception. Craig integrates evidence from neuroscience, psychology, and psychiatry to present new insights into how our brains enable us to experience the range of sensations and mental states known as feelings.

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