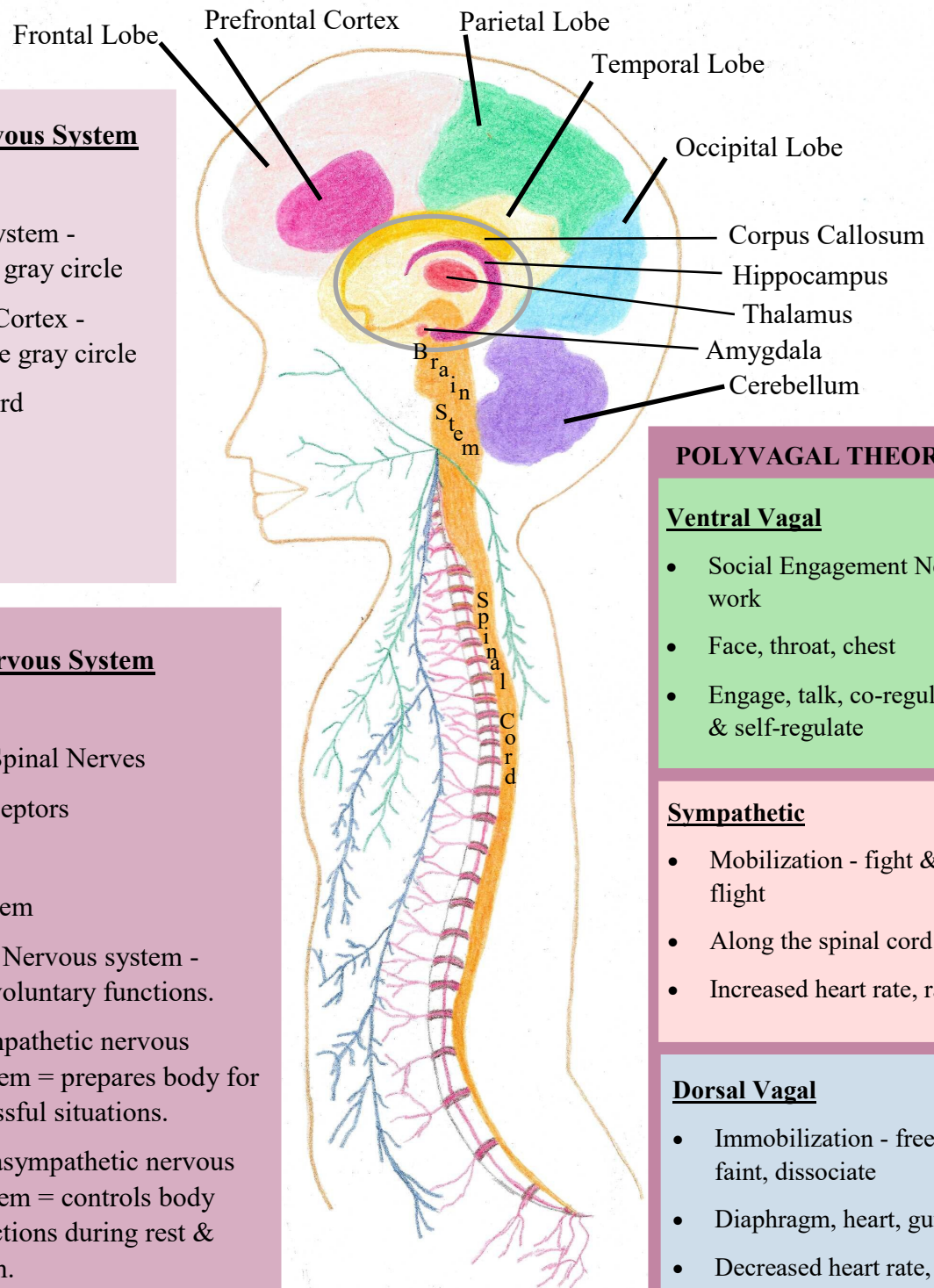


Brain and Nervous System Diagram



Central Nervous System

- Brain
- Limbic System - inside the gray circle
- Cerebral Cortex - outside the gray circle
- Spinal Cord

Peripheral Nervous System

- Nerves
- Cranial & Spinal Nerves
- Sensory receptors
- Ganglia
- Reflex System
- Autonomic Nervous system - controls involuntary functions.
 - Sympathetic nervous system = prepares body for stressful situations.
 - Parasympathetic nervous system = controls body functions during rest & calm.
- Somatic Nervous System

POLYVAGAL THEORY

Ventral Vagal

- Social Engagement Network
- Face, throat, chest
- Engage, talk, co-regulate, & self-regulate

Sympathetic

- Mobilization - fight & flight
- Along the spinal cord
- Increased heart rate, rapid

Dorsal Vagal

- Immobilization - freeze, faint, dissociate
- Diaphragm, heart, gut
- Decreased heart rate, numb, mental and physical shut down

Jessica, Turk, LCSW