

Polyvagal Safety

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Synopsis

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The foundational role of safety in our lives.

Ever since publication of The Polyvagal Theory in 2011, demand for information about this innovative perspective has been constant. Here Stephen W. Porges brings together his most important writings since the publication of that seminal work. At its heart, polyvagal theory is about safety. It provides an understanding that feeling safe is dependent on autonomic states, and that our cognitive evaluations of risk in the environment, including identifying potentially dangerous relationships, play a secondary role to our visceral reactions to people and places.

Our reaction to the continuing global pandemic supports one of the central concepts of polyvagal theory: that a desire to connect safely with others is our biological imperative. Indeed, life may be seen as an inherent quest for safety. These ideas, and more, are outlined in chapters on therapeutic presence, group psychotherapy, yoga and music therapy, autism, trauma, date rape, medical trauma, and COVID-19.

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