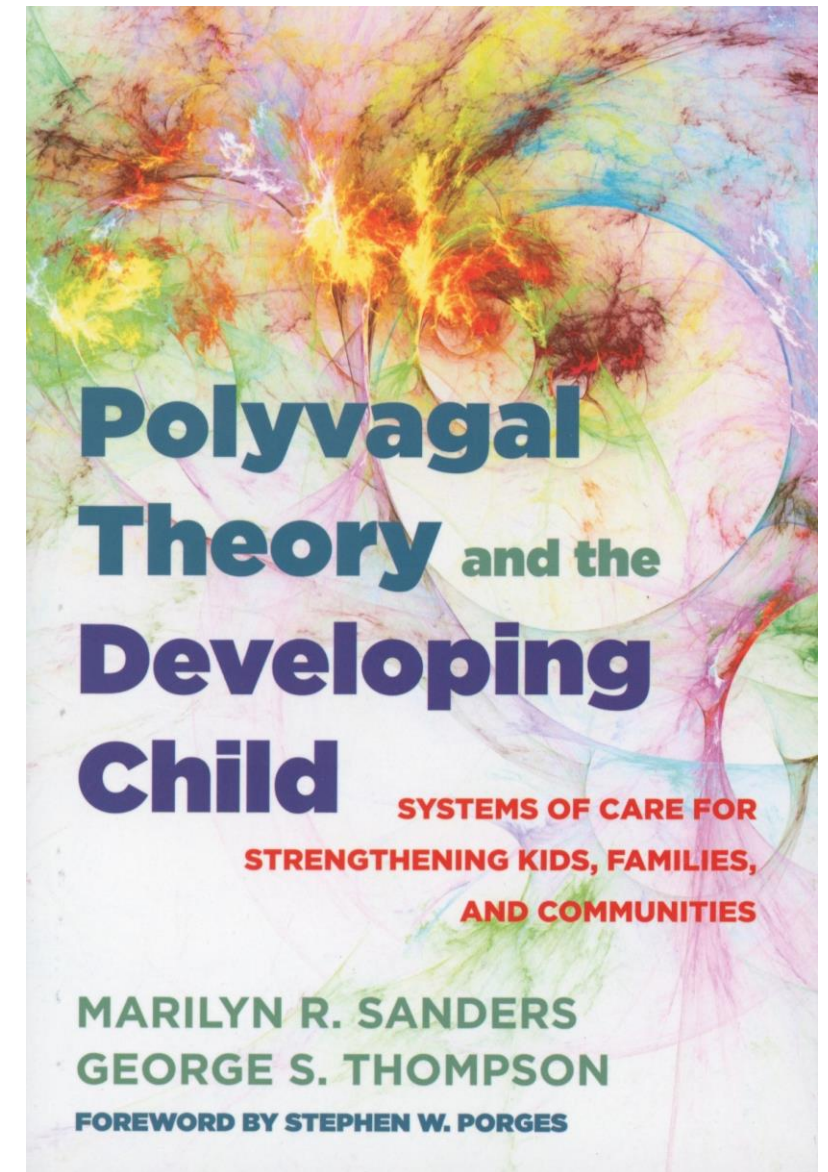


A conversation with Kate White
Marilyn Sanders, MD
Neonatologist, Connecticut Children's
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December 13, 2021

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About me

Pediatrician and neonatologist for > 30 years

Neonatal neurodevelopmental followup clinic

Care coordination for medically complex children

Ethical concerns for infants and children

Lecturer

Author





Discovering Polyvagal Theory

2012: Introduced to Polyvagal Theory

2013: Met Stephen Porges

2018: Submitted proposal to WW Norton


2021: Published by WW Norton





Why this book?

*When we learned about Stephen Porges' Polyvagal Theory,
we recognized it as powerful organizing principle,
a new way of understanding relationships,
a way that validated what we had observed
and sometimes challenged what we previously assumed or were taught.*



Section I

Building a healthy brain for the future

- ▶ Nurturing a brain under construction
- ▶ Parental environment as the second womb
- ▶ Preparing young children to live in their families and the larger world



Section 2

Disruptions of social connectedness and repair

- ▶ Traumatic separations that impact childhood experience
- ▶ Chronic disruptions of connectedness from a lifespan perspective



Section 3

How professionals strengthen the safety circuit in childhood caregiving

- ▶ Take your own pulse
- ▶ Polyvagal Theory for physicians, therapists, teachers, and other professionals
- ▶ The Polyvagal-informed organization



Section 4

Embodying Polyvagal Theory in life and in the world

- Social connectedness in the time of Covid-19
- The vitalizing power of the social engagement system





Thank you so much

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