

Case Studies to Review the Polyvagal Theory

- 1) Let's introduce Matt. He is an energetic three year old who is a sensory craver and will move into a point of overstimulation quickly. Matt enjoys running, crashing and jumping on the trampoline and doesn't know when to stop. Matt requires help from his parents to guide him into more calming activities when he moves into overstimulation and shuts down.
 - a. What phase (Mobilization, Immobilization, Social Engagement) is Matt frequently in?
 - b. Does Matt present with appropriate social-exchange responses as he's moving so much? YES/NO
 - c. Do you think Matt's respiratory rate and heart rate are almost always on high alert? YES/NO

- 2) Let's talk about Sandra. She is a sweet 8 year old girl who presents with sensitivity to auditory input and visual input. She frequently seeks out a "chill out" spot in the corner of her classroom with a book when it gets loud and requests to take a break from birthday parties to calm down. Sandra finds a quiet place to reset with coloring, which is her favorite activity.
 - a. Does Sandra present with good coping strategies? YES/NO
 - b. Does Sandra seem like she has been taught effective social strategies to engage, but recognize when she needs a break? YES/NO
 - c. Does Sandra reduce her social engagement system for rest and digest? YES/NO
 - d. What were strategies that Sandra was able to use when was overwhelmed?
