

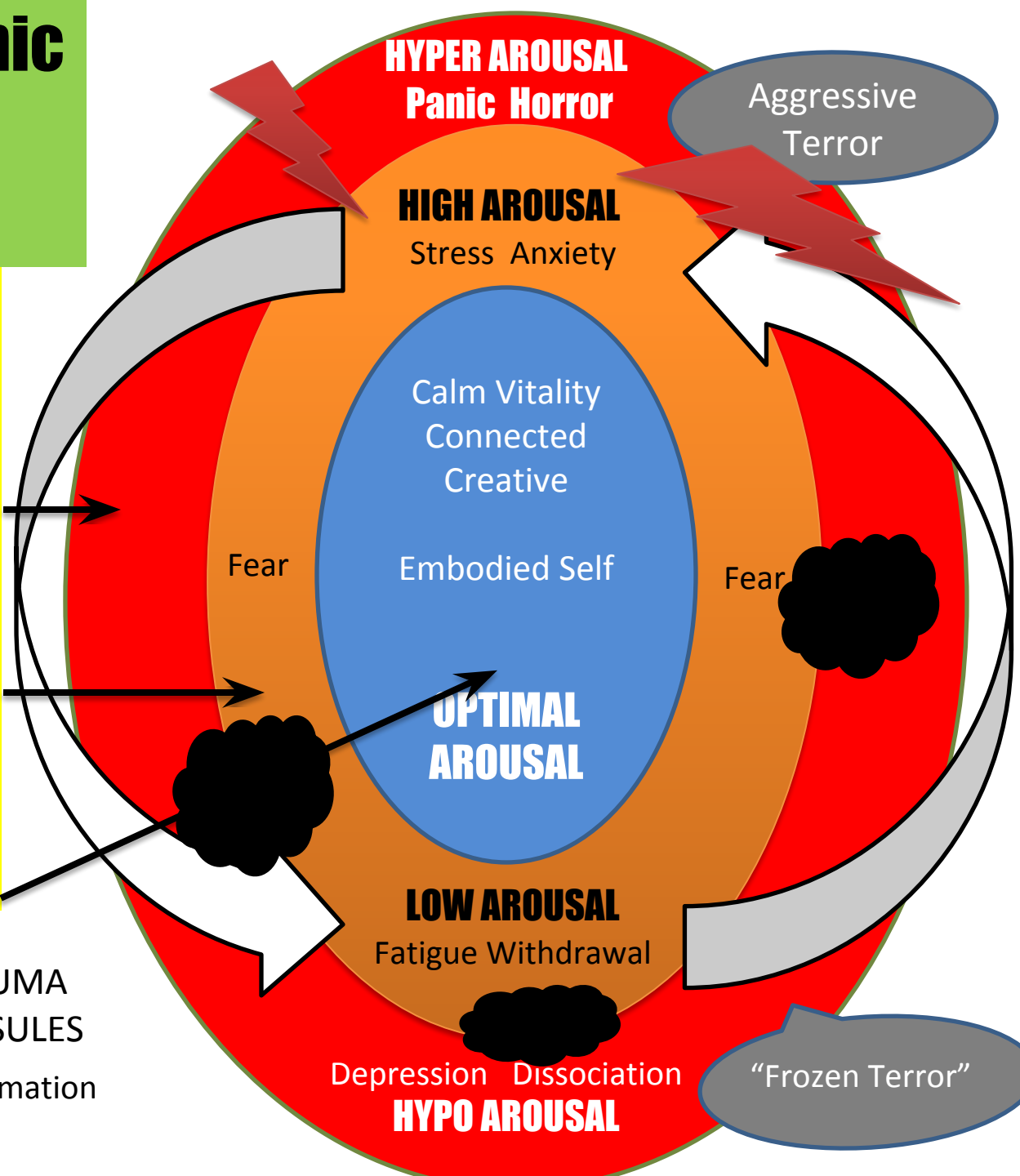
# Autonomic Neural States

**Perception and Brain Circuits**

LIFE THREAT  
"Immobility with fear"

DANGER  
Prepare to defend or flee

SAFETY  
Natural vitality  
Socially engage



**Researchers**  
Allan Schore  
Stephen Porges  
Robert Scaer

**Somatic Transformation**  
Sharon Stanley, Ph.D.

- Intend Empathy
- Attend to cues
- Attune to body
- Resonate feeling
- Touch - respect
- Wonder- inquire
- Eye gaze - soft
- Prosody - gentle
- Gesture - open
- Inquire - assess
- Sense intuition
- Slow movement
- Imagine healing
- Oscillate Polarities
- Dialogue
- Cherish
- Reflect on learning

 **TRAUMA CAPSULES**

 **Somatic Transformation**

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