

Supporting Research Papers & Article Samples

1.

<https://www.cambridge.org/core/journals/children-australia/article/making-the-world-safe-for-our-children-downregulating-defence-and-upregulating-social-engagement-to-optimize-the-human-experience/502AEEB10946FBD6C529F344C502A22C>

“This emphasis on the features of danger neglects the profound sensitivity that humans have to features of safety and how exposure to these features can promote development and foster resilience. Safety is critical in enabling humans to optimize their potential in several domains. Safe states are a prerequisite not only for optimal social behaviour, but also for accessing the higher brain structures that enable humans to be creative and generative. Thus, it is not merely the removal of features of danger, but the active presentation of features of safety that our nervous system craves.”

2.

https://integratedlistening.com/blog/2016/02/17/stream-the-dr-porges-podcast/?utm_medium=email&utm_source=sharpspring&sslid=MzM0NDk3tTAwMDAzBwA&sseid=M7Q0MLI0MzQzMwcA&jobid=6ba6b409-2363-4b04-b319-0f0974dd3998

“...creating safety through removing low frequency sounds and perhaps superimposing prosodic sounds. And this was really my own intervention model, which was to use computer-altered human vocalizations to functionally amplify the prosodic features of voice because the body will accept it and calm down. The active pathway is really the interesting one because it leads us to concepts of resilience.”

3.

<https://www.everydayhealth.com/wellness/united-states-of-stress/advisory-board/stephen-w-porges-phd-q-a/>

“If our neuroception detects that a person, situation, or environment is low or no risk, calming responses damp down the defensive reactions we associate with chronic stress. That’s why having access to calming cues — soothing voices, therapeutic music, facial expressions that are friendly and reassuring, social engagement of some kind — enable us to buffer the disruptions and damage of stress and enhance our resilience to daily challenges.”

4.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4117928/>

“LPP (test phase name for the SSP) is based on a theoretical “neural exercise” model that uses computer altered acoustic stimulation to recruit the neural regulation of middle ear muscles.”

“LPP was hypothesized to reduce auditory hypersensitivities by increasing the neural tone to the middle ear muscles to functionally dampen competing sounds in frequencies lower than human speech. The trials demonstrated that LPP, when contrasted to control conditions, selectively reduced auditory hypersensitivities. These findings are consistent with the polyvagal theory, which emphasizes the role of the middle ear muscles in social communication.”

5.

<https://integratedlistening.com/research/#SSP>

List of relevant supporting Research both published and currently running scientific studies.

<https://www.polyvagal institute.org/authored-by-dr-porges>

Full list of all Academic Papers, Books and Articles published by Dr Stephen Porges

<https://www.polyvagal institute.org/scientific-papers-books-etc>

Summary Scientific Papers, Chapters, Books, and Interviews on science behind the SSP – The Polyvagal Theory

Supporting Video Samples

<https://www.polyvagal institute.org/copy-of-pv-podcasts-videos>

<https://www.youtube.com/watch?v=ec3AUMDjtKQ>

<https://www.youtube.com/watch?v=lxS3bv32-UY>

<https://youtu.be/UeN4mWATI9g>