Polyvagal Theory: The Neuroscience of the Mind-Body Connection

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Overview:
Understanding the Polyvagal Theory will allow the learner to understand the neurological connection between mind and body. This understanding can be used to promote relaxation in patients and be used to promote self-care by using cues of safety. The Polyvagal Theory is the science that makes social engagement of all mammals possible. It is through neuroception that we allow our bodies to relax and engage in close contact with others without triggering mobilization (the fight/flight response). This relatively new theory, proposed in 1994, is about the interconnectedness of human beings, furthermore, all mammals, and is relevant to high-quality nursing care, health, growth, and restoration.

Learner Outcomes
At the conclusion of this activity, learners will be able to:
- Self-report an increase in knowledge of the Polyvagal Theory
- Identify three calming clinical application methods of vagal nerve manipulation
- Integrate new knowledge of the Polyvagal Theory into their practice.

Contact Hour(s) – 1.0

Requirements for Successful Completion
In order to receive full contact hour credit for this CNE activity, you must:
- Be registered for this activity by purchasing it through AHNA’s online store, www.ahna.org/Shop/Webinar-CNE
- Be present no later the five (5) minutes after starting time.
- Remain until the scheduled ending time.
- Complete an evaluation at the end of this activity.
  - Log into www.ahna.org
  - Hover over Education
  - Click “Evaluations & Certificates”
    - The evaluation will remain open for thirty (30) days following the webinar
    - In order to receive contact hours you must complete the evaluation. Once the evaluation is closed no contact hours will be issued.
    - After you finish the evaluation you will be able to download and/or print your Certification of Successful Completion immediately.

Conflict of Interest
The planners and presenters of this CNE activity have disclosed no relevant financial relationship with any commercial companies related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity.

Expiration Date of Contact Hours
Posttest must be completed on or before July 31, 2021

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