

POLYVAGAL GROUP



We come into the world wired to connect, but to connect healthily to others and to our own bodies, we must feel safe to do so.

As we experience chronic stress and trauma and experience fight-or-flight, our bodies react in various ways both physically and psychologically. Physical symptoms might include elevated heart rate, insomnia, or "shutting down" while psychologically some may experience dissociation, avoidance, or the inability to communicate. This group, based on the concepts of polyvagal theory, is intended to support your journey of connecting to your body by befriending your nervous system. You will gain more awareness of your body's reaction to stress and learn techniques that will calm the body and build neural pathways to calmness, safety, and connection.

SATURDAYS 2:00–3:30 PM

IN PERSON AT IN PROCESS COUNSELING (1525 OREGON PIKE, STE 602, LANCASTER)



5 Sessions:

10/21, 10/28, 11/4,
11/11, 11/18



Cost:

\$35 paid on the date
of group



Therapist:

Anthony Vajda, PhD,
NCC



Contact:

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with questions and to sign up

FIND US AT:
<https://inprocesscounselingllc.com>