

References: When the Model Is Challenged, Does the Method Still Hold?

Bester, B. (2025). *Personal communication*.

- In Lyno-informed work, we use three tools, usually simultaneously: ... range as safe.
- The Polyvagal Theory ... An immobilised state (often described as a “freeze” response).
- The “poly” in Polyvagal refers to the idea that the vagus nerve — the main communication pathway between brain and body — has multiple functional pathways:
- Put more simply, our responses are often shaped by what we feel before what we consciously think.
- How Lyno Uses Polyvagal Theory to Frame Its Work (full section)

Grossman, P. (2023). *Fundamental challenges and likely refutations of the five basic premises of the polyvagal theory*. *Biological Psychology*, 180, 108563.

<https://doi.org/10.1016/j.biopsycho.2023.108563>

- Where the theory is being challenged (full section)

Polyvagal Institute. (n.d.). *What is the vagus nerve?*

<https://www.polyvagalinstitute.org/vagusnerve>

- The “poly” in Polyvagal refers to the idea that the vagus nerve — the main communication pathway between brain and body — has multiple functional pathways:

Porges, S. W. (2007). The polyvagal perspective. *Biological Psychology*, 74(2), 116–143.

<https://doi.org/10.1016/j.biopsycho.2006.06.009>

- The **Polyvagal Theory** ... An immobilised state (often described as a “freeze” response).
- One of the key tenets ... regulation.

The Trauma Foundation. (2021, February 23). *Trauma and the nervous system: A polyvagal perspective* [Video]. YouTube. <https://www.youtube.com/watch?v=ZdIQRxwT1I0>

- The **Polyvagal Theory** ... An immobilised state (often described as a “freeze” response).