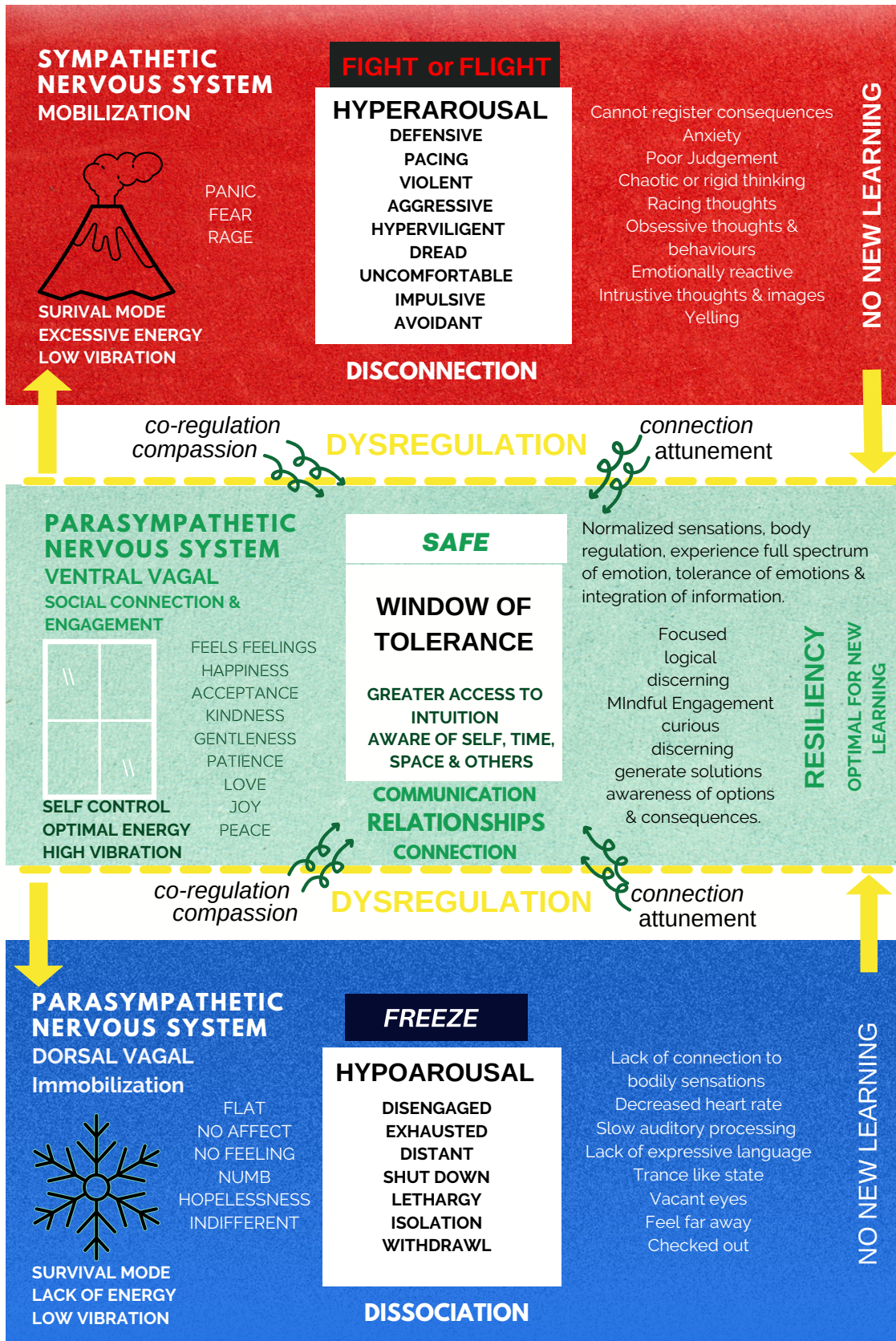
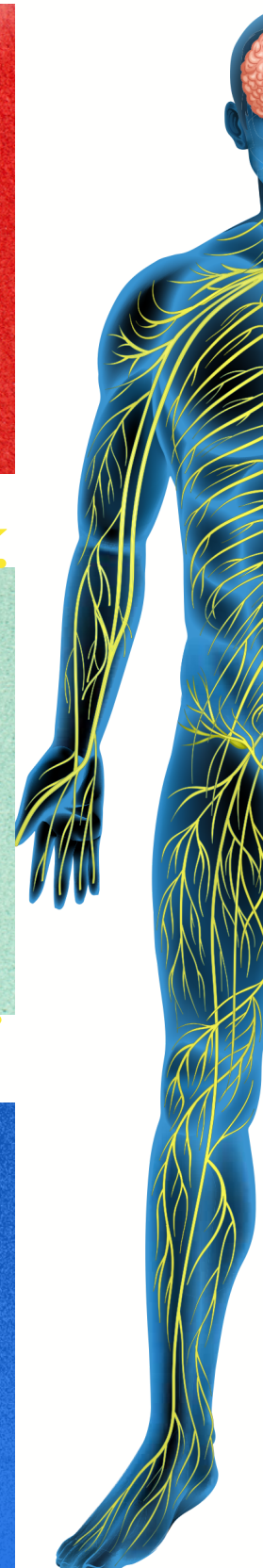
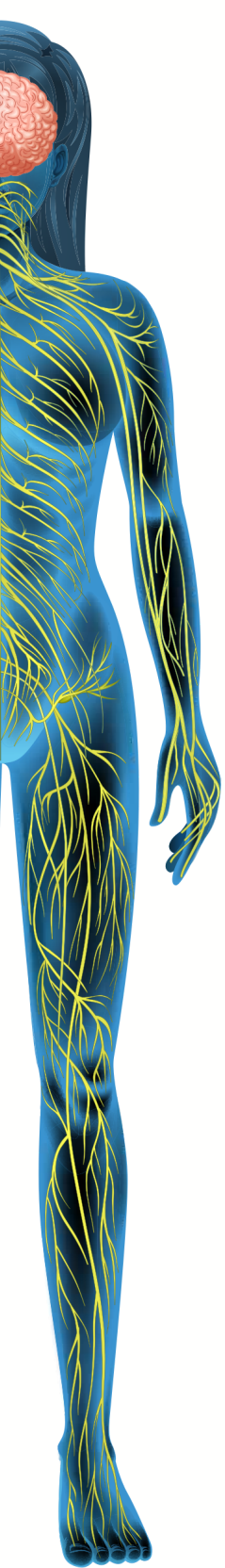


Window of Tolerance

POLYVAGAL THEORY & COMPASSIONATE EXPLORATION



2022 Triena McGuirk, visual representation of Dr.Porges Polyvagal theory informed by work of Dr. Beaudoin, Dr.Mate, Dr.Levine, Dr. Van der Kolk