

The vagus nerve - connection between body and soul

Conference languages
DE/EN/NL

What is triggered when we are close to the abyss? What reaction patterns follow in the organism?

How do we deal with it when an injury exceeds our ability to process it and paralyzes and dissociates us? In his theory about the vagus nerve - the so-called polyvagal theory - Dr Stephen Porges describes what forms the basis for this paralysis.

In this specialist forum we want to look at the content of Porges' theory from the point of view of body therapy and consider it anthroposophically on the basis of the knowledge from Rudolf Steiner's lecture 'The invisible man within'.

This will form the basis for our further exchange on the power of the various anthroposophical body therapies in their encounter with traumatised people.

How can we support patients in survival mode - paralysis, fight or flight - so that they can come back to life and take control of their lives with confidence and self-determination?

In this context, how do we utilise the action of the ventral and dorsal vagus nerve in our anthroposophical treatment methods?

As, after 18 months of work, chiropneumatics will be recognised as an anthroposophical treatment method at this annual conference, we would like to give this method the opportunity to present itself within the framework of our topic. Firmly convinced that chiropneumatics will make a particularly valuable contribution to anthroposophic medicine as a system, we look forward to a festive concluding event to their recognition process and congratulate our colleagues on this recognition. Everyone who is interested or does not know what chiropneumatics is is cordially invited to take part in our forum on Saturday!

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