

The Triple Vagal Method® (TVM™) was developed after 7 years of applied research and thousands of documented sessions. The Triple Vagal Method® is a somatic trauma transformation method that aims to release & heal trauma while increasing vagal tone through physical manipulation of the main branches of the vagus nerve. The vagus nerve is responsible for fight or flight, freeze, and social engagement responses in the body and we engage the branches responsible for these responses safely in each TVM™ session. This is done through physical touch and simulation of the nervous system; safely, effectively and rapidly.

The Triple Vagal Method® (TVM™) is a bottom up somatic approach to trauma healing that is achieved by releasing trauma from the nervous system in order to complete any unresolved trauma cycles, this encourages the releasing of oxytocin and the breaking down calcification (neuro speech fuzz) of the fascia all the while reducing the levels of cortisol (stress hormone) in the body.

TVM™ is an applied modality based on the polyvagal theory. We understand that the body stores different types of trauma in different parts of the nervous system, soft tissue and even organs. All that may be released through physical stimulation of the vagus nerve to rapidly switch from sympathetic (threat or survival mechanism) to the parasympathetic system (rest and digest).

#### **HOW DOES TVM™ WORK?**

TVM™ actively engages the polyvagal nervous system to manually stimulate oxytocin in a calculated approach to rebuild the polyvagal tone and neural-pathways to rehabilitate trauma responses in the body. This is done through structured and controlled surges and allowances of time to facilitate neuroplasticity and reprogram a new baseline of neural-pathways for trauma responses.

#### **HOW IS IT APPLIED?**

When applying The Triple Vagal Method® (TVM™) , we rely primarily on physically stimulating the nervous system to complete the trauma cycle to heal deregulation and disassociation and restore safety in the body. This is applied by pressing onto the pressure points of the body to release calcification that is stored in the tissue to facilitate trauma transformation and rapid healing.

#### **WHY THE TRIPLE VAGAL METHOD® (TVM™)?**

TVM does not require re-activation of past trauma. It is a holistic, body-based and fast-paced approach to physical and emotional trauma transformation that can help with:

- Cognitive Limitations
- Addictions & Addictive Patterns
- Depression & Suicidal Thoughts
- Decreases PTSD & CPTSD Symptoms
- Attunes The Nervous System to Relaxation

- Instant Surge Of Oxytocin In The Body
- Rapid Activation of The Parasympathetic Nervous System
- Anxiety

## **TVM EXPLAINED AND SESSION EXPECTATIONS**

The Triple Vagal Method® (TVMTM) is a body based approach to releasing trauma from the nervous system and completing the trauma cycle while releasing oxytocin and breaking down calcification of the fascia all the while reducing the levels of cortisol (stress hormone) in the body.

This is based on the theory that the body stores different types of trauma in different parts of the nervous system, soft tissue and even organs. As noted by pioneers such as Peter Levine, Bessel Van Der Kolk, Gabor Mate and many others in the field of Somatics.

## **THE TRIPLE VAGAL METHOD & OXYTOCIN**

The Triple Vagal Method manually stimulates the nervous system by directly physically engaging the different branches of the vagus nerve and surrounding fascia to trigger an extremely rapid release of oxytocin in the body.

**During this manual stimulation, the client may experience resurgence of trapped traumas as all the branches of the vagus nerve are being engaged. This may trigger many states may include emotional release, sweating, coughing, crying, shaking, and even mild psychedelic like experiences of visions, colors or feelings of being out of the body.**

The goal of the method is to allow the nervous system to travel through all three dominant circuits to release any incomplete cycles or trapped traumas. This also triggers the release of oxytocin and in turn builds vagal tone. Building vagal tone allows the client to eventually have a Ventral Circuit dominance and baseline, and smaller peaks and rapid travel between the other states.