

The Use of Safe Sounds in PBSP, Coregulation According to the Polyvagal Theory by Stephen Porges

Arnoud van Buuren, M.D.

Workshop (optional)

Friday, 27 September 2019, 3:00 p.m. – 4:30 p.m.

Along the lines of the polyvagal theory, developed by Stephen Porges, theoretical background of the evolutionary development of the Autonomic Nervous System (ANS) will shortly be presented with a focus, besides the importance of facial expression, on the role of the use of 'safe sounds' or the prosody of the human voice and music.

Then a few exercises will be demonstrated to use sounds in PBSP, along the co-regulating principles of energy–action–interaction–meaning of PBSP.

Educational or informative goals:

- Introducing recent science around the role of the ANS in providing safety in explaining the polyvagal theory by Stephen W. Porges.
- Introducing more awareness of the role of speech in microtracking.
- Providing exercises to use the voice and sounds in PBSP.

Detailed description:

0. Singing as the opening of the workshop.
1. Introduction in the Polyvagal theory by Stephen Porges, short, powerpoint supported, lecture of the evolutionary development of the autonomic nervous system and the role of the facial muscles, prosody and head movements in establishing safe homeostasis, according to Stephen Porges.
2. Implementing this theory in the practice of PBSP. In microtracking we use "voices", but up until now the prosody and the sound have been relatively neglected, more stressing the accurate 'naming' or language of the voice and less the impact of the prosody of the voice. Also in witnessing the coregulating aspects of the voice are relatively underestimated.
3. Introducing and training possible exercises with sound and the use of the prosody of the voice.
4. Discussion.

Arnoud van Buuren, M.D. (NL)

Arnoud van Buuren, M.D. – psychotherapist (1956) works as a psychotherapist in his own practice in Leiden, Netherlands. With a medical background he was trained in psychodynamic psychotherapy, EMDR and PBSP. He is certified as a supervisor and trainer in PBSP. Next to his therapeutic work he is a musician, playing in bands since his teens.

