

Poly Vagal motorway of wellness

Cath Knibbs

16 mins

Catherine specializes in Cybertrauma and Child Sexual Abuse and Child Sexual Exploitation (the former being an area and phrase she coined in 2012).

Overview of session

- This video is about Poly Vagal Theory and simplifies how our brain and body works together and how stress can affect us.
- A resource for parents, teachers, social workers, therapists and more!

**Copy & paste the link below into
your browser to watch the video**

<https://www.youtube.com/watch?v=QGBv1KrJ5Pk&feature=youtu.be>

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