

The 2025 Polyvagal International Gathering

The Vagus Nerve: A Path to Wellness

Livestream via Zoom (event is hosted in Florida – not in-person attendance)

With Dr Stephen Porges, Dr Sue Carter, Peter Staats, Jan Winhall, Dr Arielle Schwartz, Dr Niki Elliott, Dr Steven Cole, Dr Donnalea Goelz, Elisa Song, BG Mancini, Dr Robert Schwarz & Michael Allison

Livestream via Zoom

31 October – 2 November 2025, Friday - Sunday

Times:

Main Stage Presentations are organised as morning and afternoon sessions (Florida time); for UK-based participants, these are expected to begin around 12:00–13:00 London time and conclude in the early evening.

A detailed timetable will be shared once confirmed by the Polyvagal Institute.

CPD hours:

Final CPD hours will be confirmed once the replay has been edited



The 2025 PVI International Gathering



Location: Online streaming only

(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

No in-person attendance available

Some live segments (e.g., Q&A or media clips) may not be included in the final replay

We are proud to collaborate with the **Polyvagal Institute** and **Quantum Way** to bring one of the world's most significant events in body–mind integration directly to our professional community.

This partnership reflects nscience's ongoing mission to connect psychotherapists, psychologists, and mental health professionals with the world's most pioneering voices in trauma and regulation.

This year's Polyvagal International Gathering – The Vagus Nerve: A Path to Wellness unites Dr Stephen Porges, creator of Polyvagal Theory, with twelve international experts whose work is transforming how we understand the nervous system's role in health, safety and human connection.



Across three days of live sessions streamed from Florida, we'll explore how the *vagus nerve* — the body's primary channel of communication between brain and body — shapes our emotional regulation, physical resilience, and capacity for trust and relationship.

By joining through nscience, participants will receive:

- **Full livestream access** to all Main Stage Presentations
- **12 months of replay availability** once recordings are released (approximately 15 days post-event)
- A formal **nscience CPD Certificate** once total learning hours are confirmed.

Schedule & Time Zone Notes

The Gathering runs from **Friday 31 October to Sunday 2 November 2025**, hosted at the Omni Amelia Island Resort in Florida.

Please note: All times are listed in **Florida, USA Eastern Time (EST/EDT)** - **make a note of the time change in the US on the 2nd of November**

FRIDAY, OCTOBER 31

Remarks 8:30 AM - 8:45 AM:	Welcome and Opening
Session 1 8:45 AM - 9:45 AM:	Steve Cole: Molecular Biofeedback: Parasympathetic Regulation of Gene Expression
Session 2 9:45 AM - 10:45 AM:	BG Mancini: Microtraumas, Microbiome & The Vagus Nerve: Restoring Safety & Regulation from Within
Break 10:45 AM - 11:15 AM	
Session 3 11:15 AM - 12:15 PM:	Robert Schwarz: Emotional Freedom Techniques and Polyvagal Theory in Treating Trauma
Break 12:15 PM - 2:00 PM	
Session 4 2:00 PM - 3:00 PM:	Stephen Porges & Anthony Gorro: How Sonic Augmentation Technology is Shaping the Future of Well-Being
Session 5 3:00 PM - 4:00 PM:	Sue Carter: Is Oxytocin The Secret To Love and Longevity: A Hormetic Hypothesis

SATURDAY, NOVEMBER 1

Remarks 8:30 AM - 8:40 AM:	Welcome and Opening
Session 6 8:40 AM - 9:40 AM:	Jan Winhall: Depathologizing Trauma and Addiction Treatment with the Felt Sense Polyvagal Model (with Panellists)
Session 7 9:40 AM - 10:45 AM:	Arielle Schwartz: Therapeutic Yoga for Trauma Recovery: Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change (with Panellists)
Break 10:45 AM - 11:15 AM	



Session 8 | 11:15 AM - 12:15 PM: Michael Allison: Autonomic Agility™: Fostering safe, trusting, and adaptable individuals, families, and teams (with Panellists)

12:15 PM - 2:00 PM: Break

Session 9 | 2:00 PM - 3:00 PM: Peter Staats: The Bioelectric Revolution

Session 10 | 3:00 PM - 4:00 PM: Niki Elliott: Supporting Neurodivergent Students from a Polyvagal Perspective

SUNDAY, NOVEMBER 2

Remarks | 8:30 AM - 8:40 AM: Welcome and Opening

Session 11 | 8:40 AM - 9:40 AM: Elisa Song: Helping Kids Thrive in Our Modern World: Could Vagus Nerve-Microbiome Resilience Be the Missing Link?

Session 12 | 9:40 AM - 10:45 AM: Donnalea Goelz: Research-Supported Somatic Vagus Exercises That Make a Difference

Break | 10:45 AM - 11:15 AM

Session 13 | 11:15 AM - 12:15 PM: Stephen Porges: Sentinel Trauma: A Single-Trial Imprint of Life-Threat Through a Polyvagal Lens

Remarks | 12:15 PM - 12:30 PM: George Thompson: Closing

Your Access Includes

- **Livestream access** to all Main Stage Presentations via Zoom
- **Replay viewing for 12 months**, available approximately 15 days after the event
- **nscience CPD Certificate**, issued after completion of viewing hours
- Event delivered in English

About the Gathering

"As we co-regulate, we feel safer in the space and time we find ourselves in. We become more generous toward others, more welcoming and more accessible."

— **Stephen Porges**

For three immersive days, the Polyvagal Institute will convene clinicians, educators, researchers, and wellness professionals from around the world to explore how the vagus nerve — the body's core pathway of safety and connection — underpins both psychological and physical wellbeing.

This flagship event offers a rich and restorative experience that integrates cutting-edge neuroscience, clinical insight, and embodied practice. Through presentations, live discussions, and experiential learning, participants will deepen their understanding of how the vagus nerve regulates physiological states, supports resilience, and nurtures human connection.

Featured Speakers

- **Stephen Porges, PhD** — Creator of Polyvagal Theory & Co-Founder, Polyvagal Institute



- **Sue Carter, PhD** – Researcher, Distinguished University Scientist, Rudy Professor Emerita of Biology & Former Director, The Kinsey Institute, Indiana University
- **Peter Staats, MD, MBA** – President, Founder & Co-Chairman, Vagus Nerve Society
- **Jan Winhall, MSW, FOT** – Author, Developer of the Felt Sense Polyvagal Model, Educational Partner & Course Developer, Polyvagal Institute
- **Arielle Schwartz, PhD** – Clinical Psychologist & Somatic Expert
- **Niki Elliott, PhD** – Educator, Author, PVI Board Member & Director, Center for Embodied Equity & Neurodiversity, University of San Diego
- **Steven Cole, PhD** – Researcher & Professor of Psychiatry, Biobehavioral Sciences, and Medicine, University of California, Los Angeles
- **Donnalea Goelz, PhD** – Researcher & Somatic Clinical Psychology Expert
- **Elisa Song, MD** – Author, Speaker, Founder & Polyvagal-Informed Paediatrician, Whole Family Wellness
- **BG Mancini, MHSc** – Neurodevelopmental Specialist, Acupuncture Physician & Primary Care Provider
- **Robert Schwarz, PsyD** – Psychologist, Coach, Speaker & Emotional Freedom Technique Pioneer
- **Michael Allison** – Polyvagal-Informed Performance Expert

Learning Objectives

This Gathering will help participants:

- Deepen understanding of how the **vagus nerve** shapes health, resilience and human connection through the regulation of body and mind.
- **Explore applications across trauma, addiction, education and wellbeing, linking new research in bioelectric medicine, microbiome science, and emotional regulation.**

Official Learning Objectives (as provided by the Polyvagal Institute):

1. List two general types of genes that are regulated by the autonomic nervous system.
2. Identify clinical indicators that suggest when to refer clients for gut, microbiome, or nervous system support, enhancing interdisciplinary collaboration.
3. Summarize research on the microbiome's influence on mental, emotional, and physical health, including its implications for conditions such as anxiety, depression, and chronic illness.
4. Explain the nature of hormesis and why the vasopressin-oxytocin system may be critical to hormesis.
5. Explain addiction through a polyvagal lens.
6. Demonstrate how to enhance health through natural vagus nerve stimulation.
7. Explain how the ability to fluidly shift between autonomic states—play, connection, fight/flight, conservation, and recovery—impacts resilience, performance, and well-being.
8. Evaluate the role of bioelectric medicine and vagus nerve stimulation in modulating the autonomic nervous system and improving clinical outcomes.
9. Explain the critical role of vagal tone in prosocial behavior and optimal learning, especially in the context of working with neurodivergent students.
10. Identify the most common factors that disrupt children's gut microbiomes.
11. Explain how the vagus nerve impacts our autonomic nervous system states and relates to overall well-being.

FAQ

When will I receive the Zoom link?

The access link will be sent one day before the event to the email used at checkout.



Will I be on camera or microphone during the event?

No — this is a view-only livestream.

Can I access the recording if I miss the live event?

Yes — all livestream ticket holders will receive full access to the replay for 1 year after the course date.

Will the replay include everything from the live event?

Most content will be included, but some segments (e.g., personal case examples or certain videos) may be edited out for confidentiality.

When will I receive my CPD certificate?

Certificates are issued by nscience within 7 days of the replay being made available.

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There is no known commercial support for this program

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: cpd@nscience.world

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

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