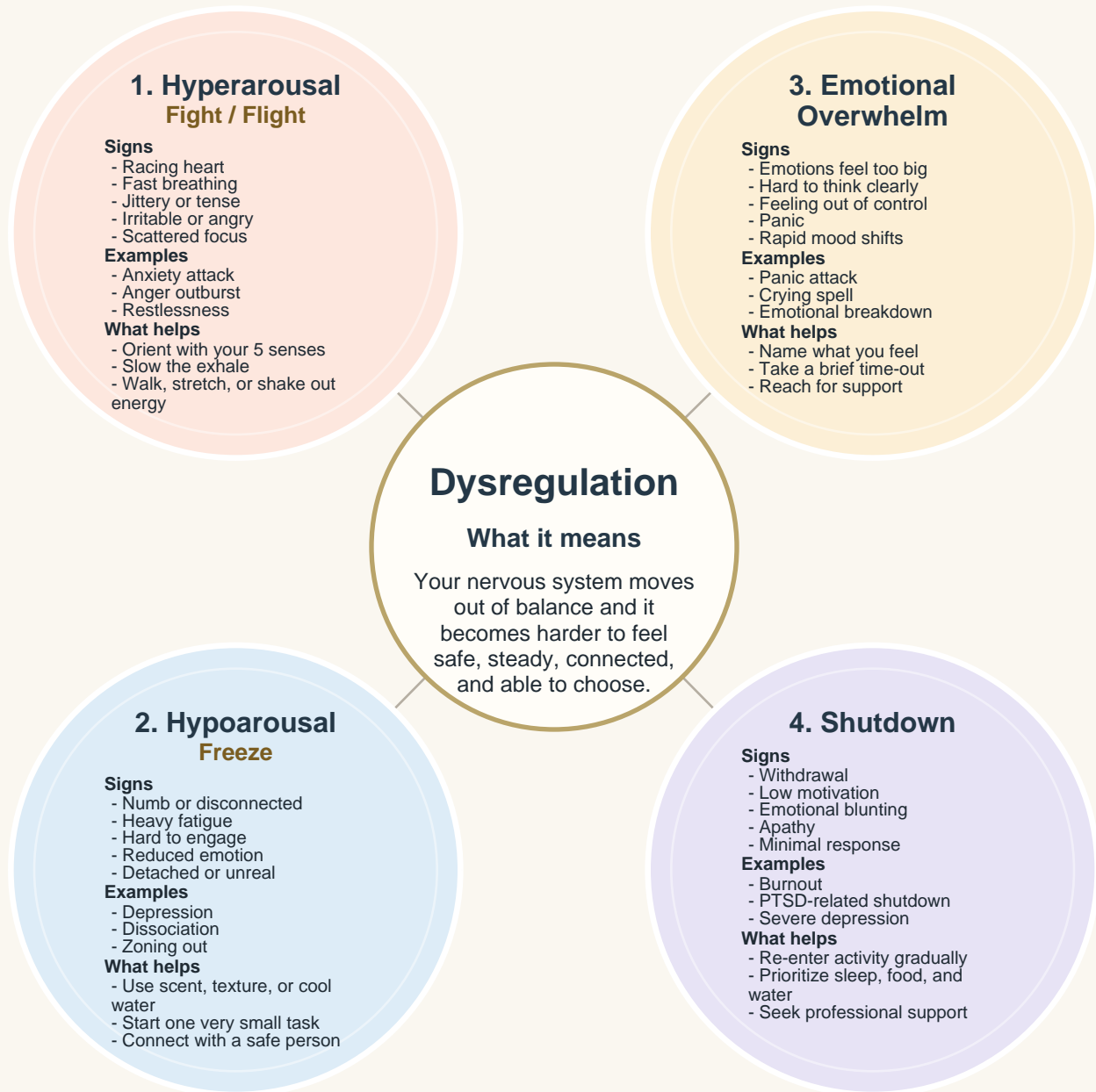


States of Dysregulation

Understanding, identifying, and managing common nervous system states



Regulation goal: move toward safety, steadiness, connection, and choice.