



BIONET - COLLOQUIUM OF HONOUR
ON THE OCCASION OF THE 60TH BIRTHDAY
OF PROF. DR HABIL. MARCUS STUECK



Co-regulation - A Specific Switching Point Towards Biocentric Acting

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IBRA

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Human = biocosmic unit /Rolando Araneda Toro/

We arrive with
cosmic
consciousness,
biological
wisdom

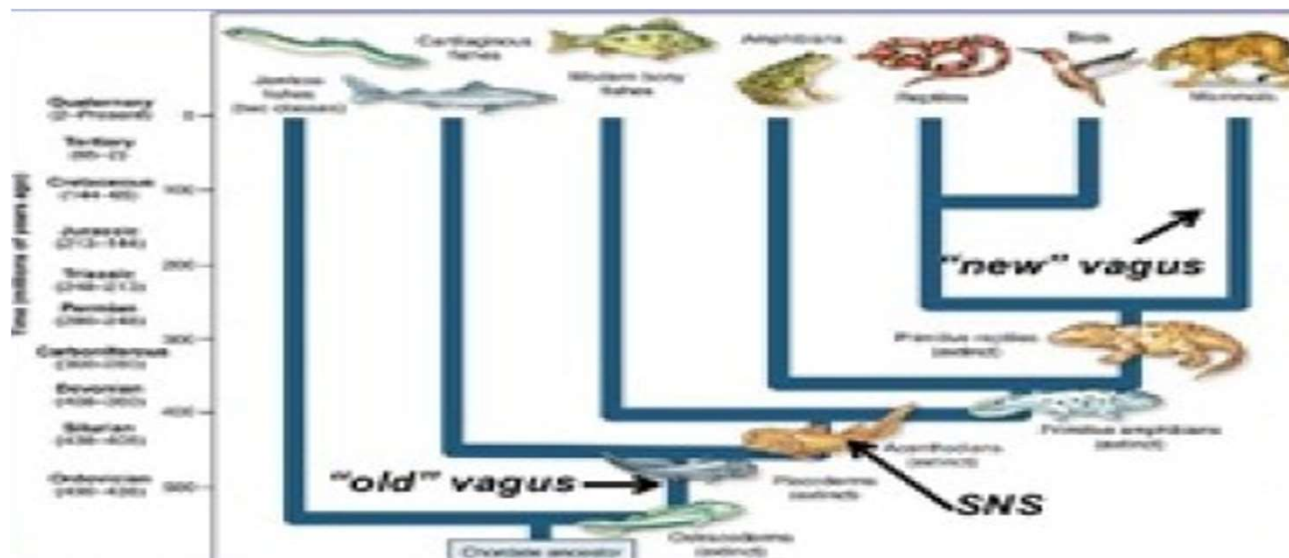


Our biology
contains the
entire
evolutionary
history of the
cosmos.

Co-regulation, reciprocity and connectedness is a biological imperative
/Polyvagal theory «Science of connection» (Stephen Porges, 1995)/



Autonomic Nervous system (ANS) evolution /Stephen Porges/



Reflex that turns off threat



Neuroception of safety



ANS is our personal surveillance system «Is it safe?»

Oldest = Freeze



Immobilize
Parasympathetic dorsal vagal

Next = Fight/Flight



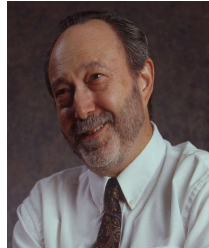
Mobilize
Sympathetic Nervous System

Newest = Safe & Social



Immobilize without fear
Parasympathetic ventral vagal

Polyvagal theory (Stephen Porges, 1995)



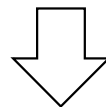
We have three different physiological states:

Newest part - Parasympathetic Ventral Vagal -
Social engagement system

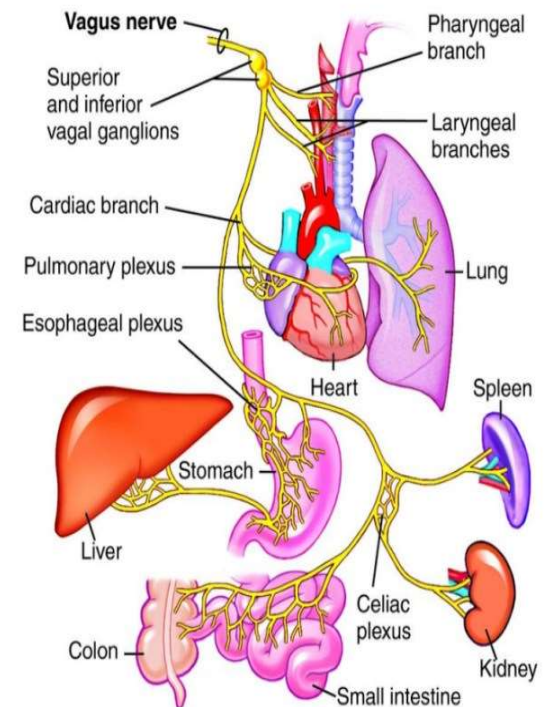
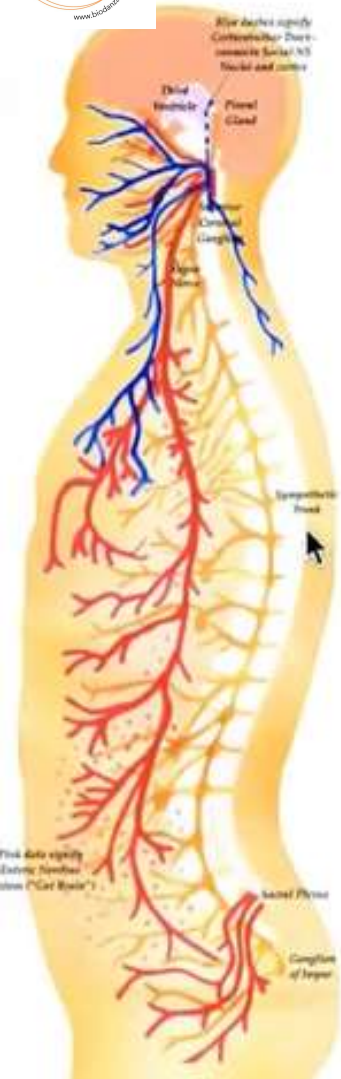
Sympathetic => MOBILIZE => Fight/ flight

Oldest part - Parasympathetic Dorsal Vagal =
IMMOBILIZE => Freeze

Through each of these pathways we react "in
service of survival"

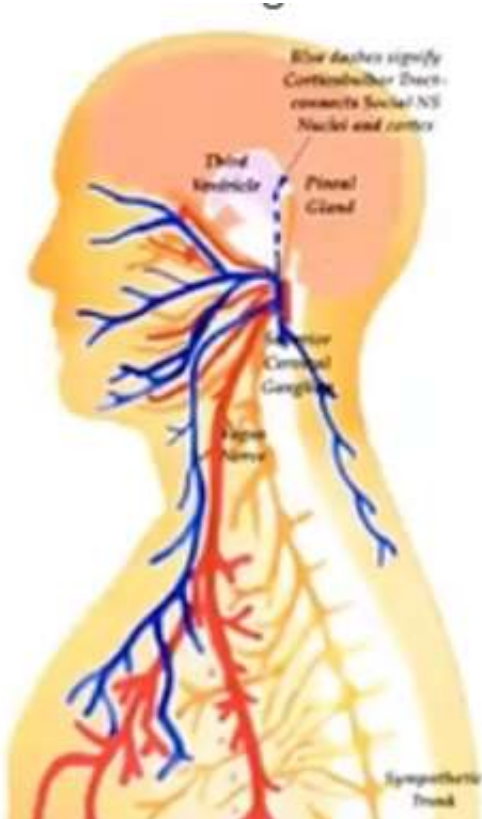


Neural regulation of human ANS is a
facilitator of our social behaviour



Social engagement or communication system (SES)

- The youngest branch of the ANS (in blue) is integrated into the anterior portion, which controls the muscles of the face and head.
- This allows us to transmit our visceral (internal) state in our voice, in the intonation of our voice, and project it into our facial expressions.
- We send and receive these safety cues in the Social Engagement System branch (Ventral Vagus) via five cranial nerves that are connected in search of connection through => eyes, ears, voice, face, and head movements.
- The voice is carrying the physiological state in it. => ANS listens before it takes in information.



«In this state we change from protection to connection.»/S.Porges/

Cues of safety



Face-to-face interaction lets their nervous systems know that the movements are not aggressive.

Face-to-face interaction => play = systematic reciprocal behaviour => complex neural exercise

Our voice, our intonation, our facial expression are the true cues that show the other person that we are safe to approach and that we are available to them to help them co-regulate.

Strong safety cues are not words, but the ability to be a supportive person. => This is reflected in the body.



Co-regulation Phases

Phase I

(Social Engagement behaviours)

Face-to-face behaviours
(neural exercises)

- ✓ Facial expression
- ✓ Gestures
- ✓ Prosodic vocalizations
- ✓ Listening
- ✓ Reciprocity



Parenting => exercises of co-regulation, shared feeling of support, conforming of bodies, attunement => SAFETY = PRESENCE

Phase II

(Immobilisation Without Fear => Intimacy)

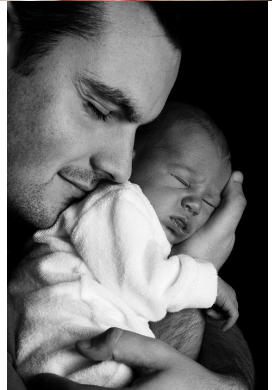
- ✓ Does not require face-to-face state interactions.
- ✓ Feel safe enough that their bodies can conform without using language
- ✓ Maintains physiological state that supports health, growth, and restoration
- ✓ Optimizes the ability to rest, relax, sleep, digest and perform bodily processes,
- ✓ Enables feelings of trust, safety, and love.



Co-regulation ensures self-regulation.

The first aspect of regulation is the survival of the physical body.

- Holding has the strongest effect on the regulation of a baby's nervous system.
- All that babies have at first is the feeling of being held in a "containment" position, which means safety and protection. => They can rest and not have to fight for survival.
- If an infant is not held enough, which is what they need for regulation, then their inner feeling will be "I can't rest, I have to fight to survive" => they will not have the experience of feeling safe enough to rest => **rest is not safe for their physiology.**
- If baby does not receive enough regulation for homeostasis baby will need to rely on freeze reaction as strategy, instinctive reaction which protects life =>
decreased sensory input, less movement, less explore =>
affects Nervous system and brain development =>
Freeze reaction becomes main NS protection model

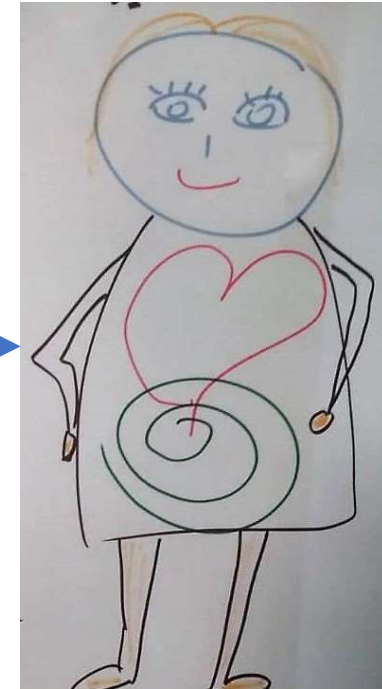




Frustrated existence Disregulated NS



Authentic existence Regulated NS



Marion Müller
drawngs

«For the first
time in history,
human beings
are conscious of
living within a
sick culture»
/Rolando Toro/

«If our cultural and socio-economic conditions are anti-life, we intend to change this system, not with help of an ideology, but **by re-establishing, in each instant of our lives, the conditions which nourish life.**»/ Rolando Toro/

We are responsible for being regulated and regulating others.
Safety – the trigger of the co-regulation mechanisms is within me.

Co-regulation: Phase I Social engagement behaviours



Co-regulation: Phase II Immobilisation Without Fear (Intimacy)

