NESCH Quarterly November 16, 2025

Title: The Use of Ventral Vagal Tone Enhancement Exercises to Facilitate Clinical Hypnosis (5 Simple Practices to Increase Inner Safety and Calmness)

Overview:

Clinical Hypnosis is a wonderful tool to enhance almost any interaction between human beings, and is particularly useful in helping practitioners to alleviate: physical, mental, emotional, spiritual, and social suffering. At this time, in which the social/political context-both in our country and in the world-is so chaotic, fearful, divisive, and intense, the contextual stress can intensify the suffering that individual patients/clients have from their specific issues.

Exercises that enhance ventral vagal nervous system tone can biologically, quickly lower the intensity of stress a person is experiencing, and can allow an easier utilization of Clinical Hypnosis techniques for healing specific personal issues.

In this 3-hour workshop, attendees will learn five simple exercises to increase ventral vagal tone, each with immediate effects on enhancing calmness and inner safety, and enabling the utilization of and effects of Clinical Hypnosis.

Objectives:

After attending this meeting, attendees will be able to:

1. Identify the key components of the Autonomic Nervous System
2. Describe the Polyvagal Theory
3. Demonstrate five exercises designed to enhance ventral vagal tone
4. Apply Ventral Vagal Exercises to specific clients/patients to enhance Clinical Hypnosis sessions.

Schedule:

10:00 – 10:10 AM: **Welcome, housekeeping, introductions, sched**ule

10:10 – 10:30 AM: **Review of Human Autonomic Nervous System (Didactic-PowerPoint)**

10:30 – 11:00 AM: **The Polyvagal Theory (Didactic – PowerPoint)**

11:00 – 11:45 AM: **Demonstration of 5 Ventral Vagal Exercises**

11:45 – 12:00 PM: **Break**

12:00 – 12:50 PM: **Small Group Practice of Ventral Vagal Exercises**

12:50 to 1:10 PM: **Whole Group Discussion, Q & A**

References:

Bonaz, B. et al. 2017. *The Vagus Nerve in the Neuro-Immune Axis: Implications in the Pathology of the Gastrointestinal Tract*. Frontiers in Immunology. November, Vol. 8. pp. 1-14 Article 1452

De Benedettis, G. 2024. *Hypnotic Modulation of Autonomic Nervous System (ANS) Activity.* Brain Sciences. 14, 249

Shao, P. et al. 2023. *Role of Vagus Nerve Stimulation in the Treatment of Chronic Pain* Neuroimmunomodulation 30:167-183