

STILL POINT OF GRACE

SCOPE AND SEQUENCE – TEENS AND ADULTS

	EPISODE	TOPICS OR STRATEGIES	LENGTH
1	The River of Grace and Polyvagal Theory	<ul style="list-style-type: none"> • Fight-or-flight system • Freeze-or-shutdown system • Growth modes • Stress breaks down neural architecture 	7:14
2	The Three Pathways of Your Nervous System	<ul style="list-style-type: none"> • Regulated nervous system with a secure attachment. • Social engagement system • Mapping our nervous system • Vagal break 	5:46
3	Part 1: Mapping Your Nervous System for Better Regulation	<ul style="list-style-type: none"> • Accessing your vagal break • Survival response 	6:33
	Part 2: Mapping Your Nervous System for Better Regulation	<ul style="list-style-type: none"> • Finish the sentence: “The world is...” • Finish the sentence: “I am...” 	6:26
4	What to Do When You “Flip Your Lid”	<ul style="list-style-type: none"> • Think brain and feeling brain • Neurosequential Model • Window of tolerance • Emotional metabolism • Basic exercise 	10:10
5	Making the Sign of the Cross	<ul style="list-style-type: none"> • Acknowledging God’s love and being held by Him. 	3:35
6	The View from the Cross	<ul style="list-style-type: none"> • Shifting perspective and developing empathy • The View from the Cross 	7:02
7	<i>Lectio Divina</i> : Finding the Still Point of Grace in Scripture	<ul style="list-style-type: none"> • Finding your Still Point of Grace through Scripture • The Word of God is living and affective • Luke 8:22-25 • Committing time to read and meditate on Scripture 	5:43
8	Mother and Child	<ul style="list-style-type: none"> • Rhythms and relationships • Attunement • Emotional orphans • Internal exchange of love in the Eucharist 	5:55
9	Co-Regulation with Jesus	<ul style="list-style-type: none"> • Inner life valued and respected, soothed by another 	8:55