

# 2024 IMPACT REPORT



PVI

polyvagal institute  
*the art and science of human connection*

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# Our Vision

To optimize the human experience by creating a safe and connected world.

# Our Mission

Polyvagal Institute advances social communication and connectivity by building community, facilitating research, improving quality of care, and offering education on the principles of Polyvagal Theory.

"Polyvagal Theory gives us a map of what it means to be human." - Bessel van der Kolk, author of *The Body Keeps the Score*



# 160,000+

Members in our Global Community

## What is Polyvagal Theory?

Polyvagal Theory emphasizes the role the autonomic nervous system - especially the vagus nerve - plays in regulating our health and behavior. Created and developed by our co-founder, Stephen Porges, PhD, the theory describes the physiological and psychological states which underlie our daily behavior as well as challenges related to our wellness and mental health.

## Why does it matter?

Polyvagal Theory is at the forefront of the exploration of the mind-body connection, providing valuable insights for therapeutic practices and personal and community development. At the heart of the theory is the assertion that, to quote Dr. Porges, 'human connection is a biological imperative.' A safer and more connected world is a place where all humans can thrive and live fulfilled lives.

# A Note from Our Executive Director



**Dear Polyvagal Institute Friends and Supporters,**

It's been just over four years since Polyvagal Institute's inception, and as we look towards an expansive and transformative fifth year, **I wanted to take a moment to reflect on the extraordinary success of our organization and ask for your support in growing our reach and our impact into the future.**

Since our founding, we've witnessed the enduring value and global relevance of the Polyvagal Theory (PVT). Polyvagal Theory is based on the knowledge that our feeling of safety directly impacts our ability to connect with other human beings—a cornerstone of our collective experience— and to live our best life. **As an organization, we strive to embody polyvagal principles, and weave the theory into our vision of creating a more safe and connected world.**

In 2024, we elevated our educational offerings, increased the size of our global community, and connected with more International Partners to disseminate resources and support to those eager to bring Polyvagal Theory to their respective communities. Through our online courses and trainings, we've been able to reach people from multiple disciplines and backgrounds, including clinicians, educators, healthcare providers, performers, somatic practitioners, coaches, business leaders, and families. By becoming polyvagal-informed, we hope our learners are better equipped to serve their clients and those around them in their search for safety and connection.



**With your continued support, we're hopeful we can bring Polyvagal Theory to even more people next year. We have plans to introduce over 12 new courses and webinars in 2025, and increase our scholarship recipients from 20% of learners to 30%.**

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This year we were able to further the reach of our mission by offering free educational programming, including multi-session webinars and community events on a wide range of topics including somatic practices, Author Talks, and more intensive content on nervous system regulation, parenting, and women’s health. Over 15,000 people were able to learn from these offerings; **our goal is to expand this free programming to reach closer to 30,000 people next year.**

As our online community grows, we continue to connect with those working to spread polyvagal education across the globe. Our International Partners now total 15 countries, with plans to add more connections in 2025. Our 2024 International Gathering in Potsdam, Germany, allowed us to engage in-person, and to collectively build plans to grow and deepen the PVI community.



**Your financial assistance will provide us with the administrative resources to support our current International Partner organizations and to expand our reach to include new global partners, in alignment with our mission of creating a safer and more connected world.**

We’re grateful for the support we have received and the progress we’ve made, but the entire team here at PVI knows that **we are just scratching the surface of what our impact can look like.** With your support, we can diversify our offerings, meet learners where they’re at, and give even more people the knowledge that Polyvagal Theory provides to thrive and heal in today’s modern world. Our vision for the future includes opportunities to broaden our community through impactful projects such as polyvagal-informed mental health first-aid training and a wide-reaching PVI podcast covering topics on mental health and wellness.

**With your help, Polyvagal Institute will continue expanding our work in 2025, nurturing safe and connected communities across the globe. We hope you will join us on this journey!**

Randall Redfield  
Executive Director and Co-founder



# Where We Work



PVI serves a variety of different communities by offering **education, community, and resources** for those who are interested in learning more about Polyvagal Theory and how to integrate the theory into their work.

We partner with organizations across the globe to bridge language and cultural differences, and to further share our resources with an even larger audience.

## Multi-Modal

- Education offered through PVI is targeted to a wide range of audiences, including but not limited to: **mental health professionals, somatic practitioners, educators, coaches, mind/ body workers, business executives and more.**
- Courses are tailored to help learners become polyvagal-informed, and instruction is provided on how to best implement polyvagal principles into their personal and professional lives.

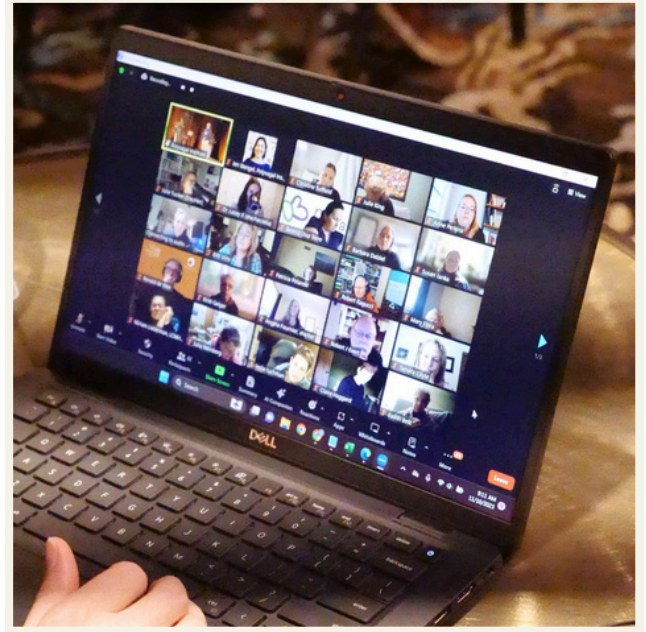
Courses are offered live online or in a hybrid format consisting of pre-recorded lectures and live discussions. There are self-paced options as well, designed to meet learners where they're at in their life, career, and busy schedule.

# Providing Education

## Online Courses

We offer a variety of educational opportunities, taught by a team of experts with decades of experience in working with the Polyvagal Theory, providing a pathway for professionals to become polyvagal-informed and PVI certified.

Therapists, educators, and business professionals are just a few of the numerous disciplines that make up our student base. When beginning to learn more about the Polyvagal Theory, it quickly becomes evident that the principles and ideas that make up the theory are applicable to any work or personal activity.



As we start to expand into more free offerings and develop courses on a wide variety of topics, we also seek to provide scholarships to students around the globe. We know that we need to meet our students where they're at, and offer a variety of courses in several kinds of formats including self-paced, lecture-based courses, live courses with weekly discussions, and shorter one-day or weekend workshops. We want our students to be able to study and learn more about the Polyvagal Theory in a way that works best for them.

**37+**

Courses offered

**4,000+**

Students Enrolled

**565**

Full or partial scholarships offered to learners across the globe

I feel like I've found a new community of like-minded, aware, resourceful, and purposeful individuals. I'm so glad I participated in this event.

*--Attendee testimonial from PVI Community Event*

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# Building Community

From a polyvagal perspective, building community is essential for all humans. Our sense of belonging within our respective communities is fundamental towards feeling safe and ready to engage with the world around us. PVI seeks to build community both in-person and online, to promote connection throughout the wide range of audiences we serve.



## Our Digital Community

PVI strives to meet our audience in the space that best works for them- including our own PVI Online Community Space, where users can share content and resources on how to implement Polyvagal Theory into their work and personal lives. Alongside this digital space, we also keep contact on social media and through our newsletter.

**All together, our digital community consists of over 160,000 members.**

## Global Events

Dr. Stephen Porges, the developer of Polyvagal Theory and one of PVI's founding members, speaks at events and conferences worldwide. From providing free training on the Polyvagal Theory in Syria and Ukraine during wartime, to traditional speaking engagements like our annual International Gathering, Dr. Porges continues to look for new ways to share his knowledge and expertise in how his Polyvagal Theory can impact the human experience.



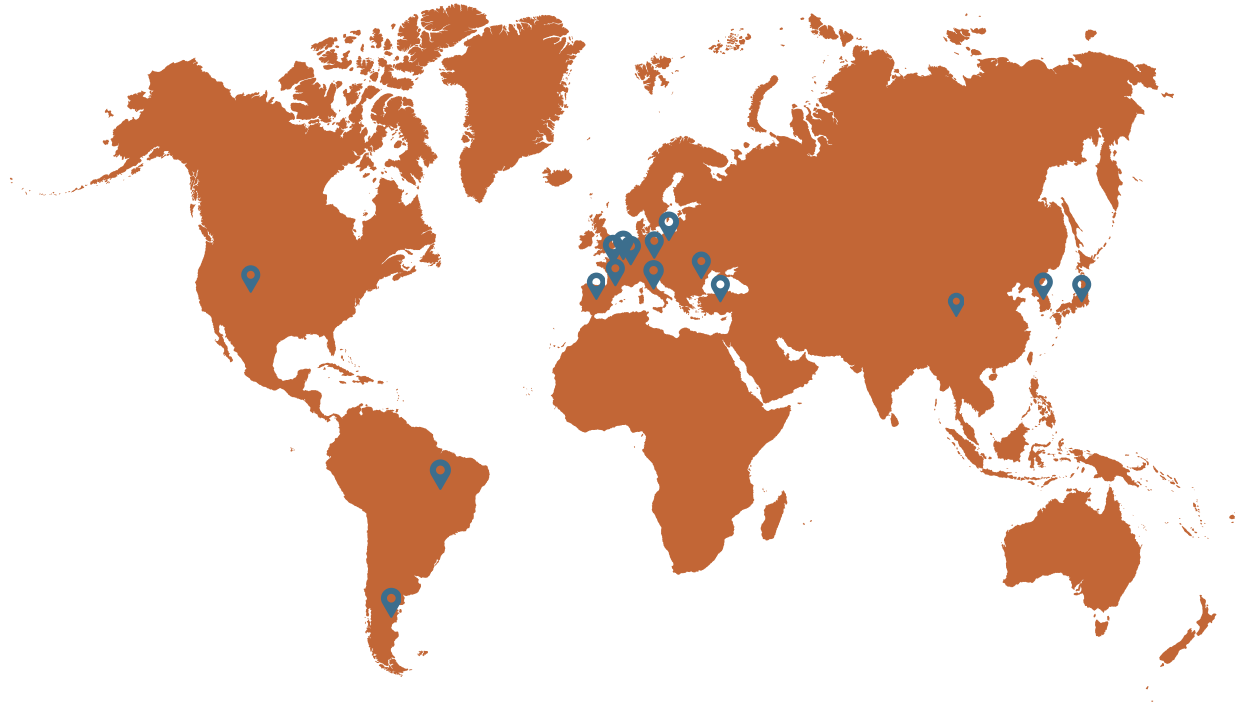
PVI continues to provide virtual community events to those interested in learning more about Polyvagal Theory and applying it to their respective careers and practices. These opportunities are offered free to our global community. Events range from guided embodiment practices to author talks and research-based lectures.

**In 2024, we have offered free access to these events to over 15,000 learners.**



# Sharing Resources

PVI is proud to partner with organizations across the globe in pursuit of our shared vision for a more safe and connected world. Not only do they translate and disseminate PVI courses and materials, they also contribute ideas and strategies for continuing to grow our global community.



## PVI International Partners

### Europe

- Belgium/France:** Quantum Way
- Germany:** Polyvagal Akademie
- Netherlands:** Polyvagaal Instituut NL
- Czech Republic:** Polyvagal Niteorie
- Spain:** Instituto Cuatro Ciclos
- Poland:** Instytut Poliwagalny
- Romania:** Polyvagal Romania
- Italy:** Formazione Continua in Psicologia

### Asia

- Turkey:** Polivagal Akademi
- Japan:** The Polyvagal Institute Japan
- South Korea:** Psychology Korea
- China:** Integrated Psychological Training Center for Child and Family

### South America

- Brazil:** Instituto Polivagal Brasileiro
- Argentina:** Vision Clara

**15+ Countries**

Represented in our International Partner organizations

**5,000+**

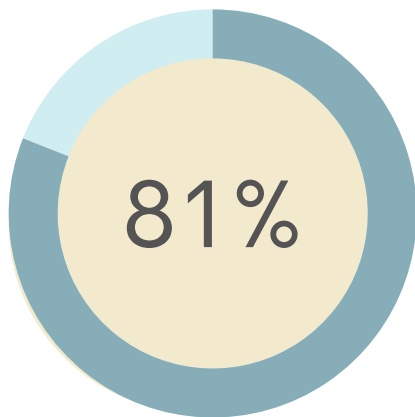
Learners served through courses offered by our International Partners

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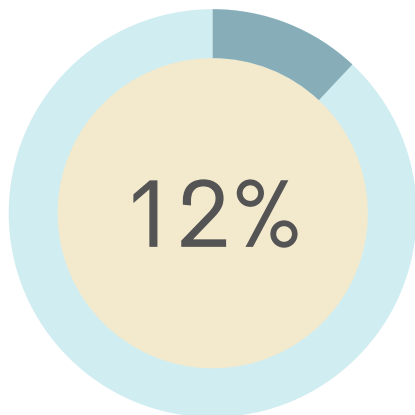
# Fueling Our Mission

Since our founding in 2020, Polyvagal Institute has generated revenue through online course offerings, educational events, and charitable gifts.

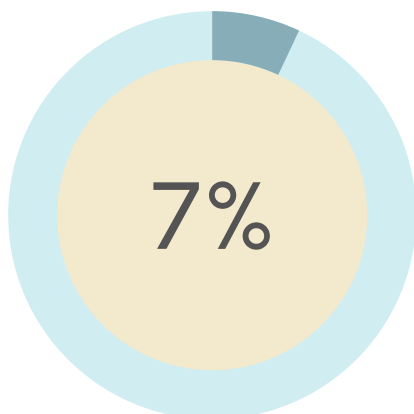
**See where our money goes:**



**Direct Programming Expenses:**  
*Including course development, instruction, and learner engagement & support*



**Organizational Overhead:**  
*Including staff administration, advertising, and technology*



**Investing in Our Future:**  
*See what we can do with your support on the next page!*

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# With Your Support

As PVI enters a new phase of growth, we'd like to extend an invitation to you, our community, to donate in support of our vision, and to help us further our mission reach with these top initiatives.



## Course Development

In 2025, we will use additional funding to build on our existing library of course offerings. New topics slated for the year include polyvagal perspectives of EMDR, the brain-gut axis, somatics, the vagus nerve, occupational therapy, and more.

## Global Reach

Your financial assistance will provide us with the administrative resources to support our current International Partner organizations and to expand our reach to include new global partners, in alignment with our mission of creating a safer and more connected world.

## Increased Accessibility

With your support, we will be able to provide additional scholarship opportunities and expand our financial accessibility pricing model to even more learners, for a wider range of course offerings and events.

**Give today at [polyvagal.org/donate](https://polyvagal.org/donate)**

# How to Give



## Your Donation Matters

Your financial gift supports our goal in creating a more safe and connected world. Your donation will directly impact our ability to provide events, courses, resources, and scholarships and to foster community around these principles.

[Donate \\$50](#)

[Donate \\$100](#)

[Donate \\$250](#)

[Donate monthly](#)

[Choose your amount](#)

## Choose PVI for your Professional Training

Every time you choose PVI, the home of Polyvagal Theory, as your educational provider for a course or professional training, you support our efforts to bring Polyvagal Theory to more people around the globe.

## Buy from the PVI Bookstore

You can also support us by purchasing a book from the PVI Bookstore, which contains affiliate links that give us a small percentage of every purchase at no additional cost to you.

# Contact Us

[polyvagal.org](https://polyvagal.org)

Curious about upcoming course opportunities or events at Polyvagal Institute? Feel free to contact us with any questions through our website at [polyvagal.org/contact](https://polyvagal.org/contact)

Connect with us on social media [@polyvagalinstitute](https://twitter.com/polyvagalinstitute), and be sure to join our mailing list at [polyvagal.org/pvi-newsletters](https://polyvagal.org/pvi-newsletters)

## Our Board of Directors



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