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JUSTIN SUNSERI, LMFT99147

LICENSE

Justin is a Licensed Marriage & Family Therapist in California.

EXPERIENCE

Justin has been working with underprivileged youth and families since graduating in 2008. This experience has been accumulated through various settings, including: school-based, outpatient, residential, juvenile hall and suicide/crisis phone center. Justin's entire career (so far) has been working directly with children, teens and their parents. Modalities include: educational or therapeutic parenting groups, family therapy, play therapy and individual traditional talk therapy.

PODCAST / BLOG / SOCIAL

The Polyvagal Podcast and blog is the main venue that Justin uses to educate trauma survivors and helping professionals about the Polyvagal Theory. The podcast is listened to around the globe, by individuals across many helping professions.

THE POLYVAGAL THEORY

PVT is the foundational science to how we respond to danger, how trauma works on a biological level and ultimately how we connect with each other.

We've all heard of "flight/fight/freeze," but we now understand that these are not options that a trauma survivor chooses from. Instead, these are a sequence of defenses that we instinctively use based on the perception of danger. If we aren't safe, we attempt to run. If we can't run, we fight. And if we can't fight, we shut down.

The Theory was developed by Dr Stephen Porges of Indiana University, the founding director of the Traumatic Stress Research Consortium.

