

UNDERSTANDING LONG COVID THROUGH AN AUTONOMIC LENS: Why Polyvagal Theory is so central to recovery

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*If your system does not support auto linking, copy and paste URL
into your browser: <https://l.ead.me/LongCOVIDpolyvagal>*

Dr. Sally E. Riggs, DClInPsy, is a licensed Psychologist,
expert CBT for psychosis trainer & supervisor, and
speaker. She completed her clinical training in the UK,
moved to the US in 2008 to work with Aaron T. Beck,
and has remained in the US ever since working in
public and private healthcare settings, practicing and
teaching & training mental health professionals in CBTp.



In March 2020, she contracted COVID, and in about late May
her weird Long-Hauler symptoms started. She is currently in active recovery
and sharing her new knowledge through speaking and coaching for other Long
Haulers. Sally's affiliations include:

- NY, NJ & PA Licensed Psychologist
- Long Covid Coach and Speaker
- Certified Safe and Sound Practitioner

ABOUT THE TALK:

*Long COVID is a biological, organic disease, but central to this pathology is the
autonomic nervous system. This presentation will discuss Long COVID from an
autonomic perspective, using a Polyvagal framework (the science behind the
autonomic nervous system) to show how shifting the nervous systems back into
parasympathetic can accelerate healing.*

SAMPLE OF DR. RIGGS' PROFESSIONAL PUBLICATIONS:

YouTube Videos: Gez Medinger. (2022, January 6). *Five Psychological Strategies to Help
You Deal with Long Covid | With Dr Sally Riggs* [Video]. YouTube.

<https://www.youtube.com/watch?v=fv51b3j91jg>

Podcasts: Long Covid Podcast - Health & Fitness (2022, February 24). 23 - *Sally Riggs -
Psychologist & Long-Hauler*. Apple Podcasts. Retrieved January 12, 2023, from

<https://podcasts.apple.com/us/podcast/long-covid-podcast/id1580981740?i=1000552054284>

Radio Shows: Close Up Radio (2022, November 29). Part 1: *Close Up Radio Spotlights
COVID Long Haulers Coach Sally Riggs*. Blog Radio Talk. Retrieved January 12, 2023,

from <https://www.blogtalkradio.com/closeupradio/2022/11/29/part-1-close-up-radio-spotlights-covid-long-haulers-coach-sally-riggs>