

The DOC Journey Webinar #12

“Three Aspects of Solving Anxiety”



11-11-20

Information about Dr. Stephen Porges:

<https://www.stephenporges.com/>

More about the ACE Score:

CDC-Kaiser ACE Study

https://www.cdc.gov/violenceprevention/aces/about.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Fabout.html

[Expressive Writing Videos](#) – These are in the **DOC Journey Toolbox**. Click the link and scroll down the web page.

About “Medically Unexplained Symptoms”:

Medically Unexplained Symptoms (MUS)

<https://pubmed.ncbi.nlm.nih.gov/25362239/>

Medically Unexplained Symptoms: an acceptable term? – Marks, et al.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4616968/>

Studies:

The brain treats mental threats the same as physical threats:

Eisenberger, Naomi, 2012, ‘The neural bases of social pain: Evidence for shared representations with physical pain’, US National Library of Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3273616/>

How the immune system can be compromised as a result of a persons’ environment:

Dantzer, et al, 2018, ‘Resilience and Immunity’, National Center for Biotechnical Information <https://pubmed.ncbi.nlm.nih.gov/30102966/>

The power of forgiveness:

Carson, et al, 2005, ‘Forgiveness and chronic low back pain: a preliminary study examining the relationship of forgiveness to pain, anger, and psychological distress’, National Center for Biotechnical Information

<https://pubmed.ncbi.nlm.nih.gov/15694874/>

The neurobiology of threat vs. safety:

Shields, et al, 2020, 'Psychosocial Interventions and Immune System Function: A Systematic Review and Meta-analysis of Randomized Clinical Trials', National Center for Biotechnical Information <https://pubmed.ncbi.nlm.nih.gov/32492090/>

The experience of chronic pain impacts a person's life at a magnitude similar to terminal cancer:

Fredheim, et al, 2007, 'Chronic non-malignant pain patients report as poor health-related quality of life as palliative cancer patients', Wiley Online Library <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1399-6576.2007.01524.x>

Israeli study indicating that lack of sleep causes back pain:

Agmon, et al, 2014, 'Increased Insomnia Symptoms Predict the Onset of Back Pain among Employed Adults', PLoS One

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4118902/>

Books:

[How Emotions Are Made: The Secret Life of the Brain](#)

by **[Prof. Lisa Feldman Barrett Ph.D](#)**

[Forgive for Good](#)

by **[Frederic Luskin](#)**

Q&A with David Hanscom:

[Join every Tuesday and Thursday at noon Pacific Time](#)

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