

The DOC Journey Webinar #8

"Specific Tools"



10-14-20

Here are the studies, books and other materials referenced in the webinar by Dr. Hanscom:

Studies:

Inflammatory markers associated with stress and anxiety:

Shields, et al, 2020, 'Psychosocial Interventions and Immune System Function: A Systematic Review and Meta-analysis of Randomized Clinical Trials', Journal of the American Medical Association, Psychiatry
<https://pubmed.ncbi.nlm.nih.gov/32492090/>

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/>

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>

Degenerated disks do not cause back pain:

Jensen, et al, 1994, 'Magnetic Resonance Imaging of the Lumbar Spine in People without Back Pain', The New England Journal of Medicine
<https://www.nejm.org/doi/full/10.1056/nejm199407143310201>

Other Resources:

[Your Demons are Robots](#) blog post by Dr. Hanscom

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

Books:

[Feeling Good](#)

By [David Burns](#)

An Insightful Quote from the Webinar:

“I found a little analogy between both chronic pain and the expressive writing in that I look at both of them as junk mail. So, chronic pain is a message you keep receiving no matter how you answer it or respond to it. It’s like junk mail, and so I’m going to rip it up and throw it away, the same as this junk that’s coming out of my head. I’m going to rip it up and throw it away. It’s junk mail whether it’s coming out of me or coming into me, and so I’m just looking at it as ‘okay this is just junk I’ve got to toss. Let’s get it out of here.’” - Jenn

Direct your Own Care



www.thedocjourney.com