

## ***Basic Physiology Questions for ABC Therapists***

1. Print out   2. Answer   3. Copy   4. Return to your Mentor

- a) Functional organization of the human body and control of the internal environment.
  - b) Organization of the Nervous System: Basic function of synapses and Transmitter substances.
  - c) The Cerebral Cortex: Intellectual Functions of the Brain and Learning & Memory.
  - d) Behavioral and Motivational Mechanisms of the Brain — The Limbic System and the Hypothalamus
  - e) States of Brain Activity — Sleep; Brain Waves; Epilepsy Psychoses
  - f) Autonomic nervous system; the Adrenal Medulla
  - g) Cerebral Blood Flow
- 2) Models of Stress**
- a) Nelson & Hans Selye's Model of Stress
  - b) Alternative models of stress (Nuernberger)
- 3) Aetiology of Stress**
- a) Relationship of Psyche to Soma
  - b) The Genesis and Stages of Psycho-Somatic Diseases

- c) Models of Stress resulting primarily from
  - i) Environment
  
  - ii) Diet
  
  - iii) External threat
  
- d) Models of stress resulting primarily from internal perception rather than above factors
  - i) Emotional Stress
  
  - ii) Role of Consciousness in perceiving Stress

#### **4) Psychobiology of Consciousness–Body Communication**

- a) Role of the Limbic System as a TRANSDUCER of Consciousness generated impulses
  
  
- b) Limbic Hypothalamic System and Endocrine Axis. Its role in generating the stress response
  
  
- c) Limbic Hypothalamic System and Autonomic Nervous System axis. Its role in generating stress response

**5) Overview of interventional mind-body techniques for reduction of Consciousness generated stress responses.**

**2.2 Placebo Effect**

- 1) Definitions of the Placebo Effect
  
- 2) Suggested Mechanisms of the Placebo Effect
  
- 3) The Objective and Subjective Effect of Placebos
  
- 4) The Doctor-Patient Relationship
  
- 5) The Placebo Effect and the Immune System
  
- 6) Clinical Implications

2. Effect of psychological and emotional factors on the immune system.

3. Transformation or transduction of information as the basic mechanism of psychobiology and hypnotic healing.

4. The Limbic – Hypothalamic System: The major mind-body information transducer.

5. The Reticular Activating System: The Awakening, Novelty Seeking and Dreaming Mind.
6. The Cerebral Hemispheres – The Logical And Metaphorical Minds.
7. The mind as a process of self-reflective information transduction.
8. The State Dependent Theory of Mind – Body Medicine (The limbic-hypothalamic system as the major anatomical link between mind and body)
9. Application of the Theory to clinical cases.
10. Based on The State-Dependent Theory of the Mind – The Mind Modulation of the Immune System. Case Studies.
11. The Immune System, Information and Consciousness.
12. Subconscious Mediation of psychoneuroimmunological activity.
13. Subtle signals in psychoneuroimmunology and their biological detection.