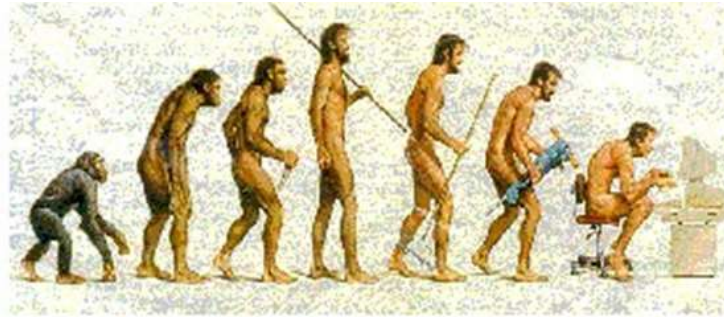


Integrated psychophysiological behavioral medicine: Bodily & mental health focuses on the whole person (individually!) and her/his evolutionary development

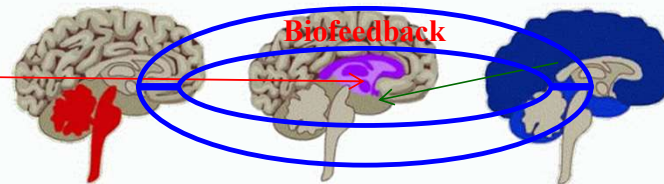


→ Cultural evolution ... & Artificial ... ???

Our recent brain evolution: Primates have existed for c 5 million years while homo sapiens only last c: 300.00 years

Triune Brain Theory

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



The Triune Brain in Evolution, Paul MacLean, 1960

Memories of events (constricted) are built into clusters that are quickly activated by stimuli (S). Severe stress clusters (PTSD) can, like a radar, seek S. "Self-igniting loops" can develop – unconsciously, automatically. We can feel powerlessness!

The power of habits (see MBiL, Co-determination in own Life (dissertation 1986 for more...))

We ourselves can through behavioral training build up "strategy memories" that counteract (trigger) and take over, and also over time create calm automatically (habit-.)calm. By learning and practicing strategies, we can even build up POSITIVE "self-igniting loops". Manual = "The patient as a reasonably competently trained resource and employee in their own rehab"

Stress- & immune systems Emotions Co-determination
Automatic ----- Conscious
C 450 million years ago, vertebrate evolution begins