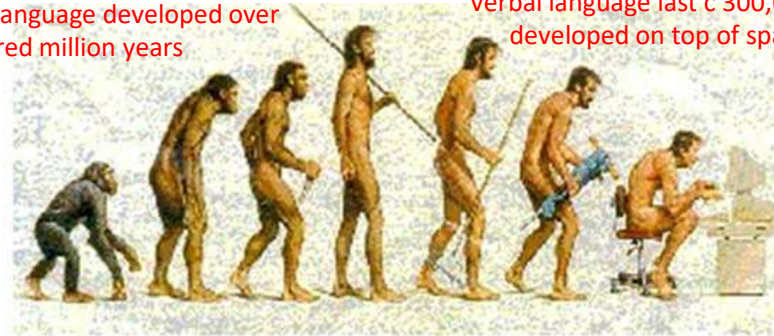


Psychophysiological Behavior Medicine: Bodily & mental health focuses on the whole person (individually!) and evolutionary integrating street-smart & book-smart

Spatial Icode language developed over several hundred million years

Verbal language last c 300,000 years developed on top of spatial code

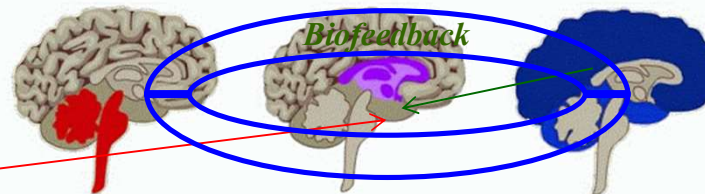


Primates have existed for C 5 million years while homo sapiens only last c: 300.00 y

Triune Brain Theory

Memories of events (Limbic constructed) are built into clusters that are quickly activated by stimuli (S). Severe stress clusters (PTSD) can, like a radar, seek stress. "Self-igniting loops" can be developed – not consciously, automatically. We can feel helpless, powerlessness! The power of habits (see MBiL, Chief Of Own Life COOL, 1986 for more...)

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

Stress- & immunes system Emotions Decision in own life
Automatic ----- Conscious
C 450 million years ago, vertebrate evolution begins

We ourselves, can through behavioral training build up "strategy memories" that counteract (trigger) stress, reciprocal inhibition, and also over time create calm automatically (habitually) calmness. By learning and practicing strategies, we can even build up POSITIVE "self-igniting loops". Manual = biopsychosocial stress-medicine toolbox where medicine = healing behaviors!