CONTENTS

Preface vii
Acknowledgments xix
About the Author xxi

1 Applying Neuroscience 1
Teaching Practical Neuroscience 2

2 Promoting Brain Health 33
First S of Planting SEEDS 33
First E of SEEDS 36
Education 39
D of SEEDS 40
Second S of Planting SEEDS 50

3 Developing Memory Systems 63
Memory Systems 63

4 Autostress Disorders 91
Top Down and Bottom Up 91

5 When Anxiety Is Generalized 113
Balancing the Autonomic Nervous System 114

6 Focalized Anxiety 129
Facing Fear and Avoidance 129
Phobias 141
Panic Disorder 143

7 Posttraumatic Stress Disorder 149
Phase 1: Stabilization 150
Phase 2: Memory Integration 157
Phase 3: Posttraumatic Growth 177
CONTENTS

8 Obsessive-Compulsive Disorder 183
   Describing the OCD Circuit 185
   ORDER 192
   Health Obsessions 198

9 Depression 201
   Gender and Depression 201
   Role of Inflammation 202
   Anxiety with Depression 205
   Shifting to Action 211
   Social Lift 216
   Default Mode and Rumination 218
   Orchestrating a Broad Approach 220

References 225

Author Index 247

Subject Index 255