

The threatened brain : magnetic resonance imaging studies into fear and panic

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**The Threatened Brain
Magnetic Resonance Imaging Studies into Fear and Panic**

Liesbet Goossens, 5 juni 2009

1. Spinfobici vertonen een verhoogde amygdala activiteit bij het waarnemen van spinnen (*dit proefschrift*).
2. De hyperreactiviteit in de amygdala bij fobici vermindert na een éénmalige intensieve sessie gedragstherapie. Dit pleit voor rechtstreekse desensitisatie ter hoogte van subcorticale structuren (*dit proefschrift*).
3. Veranderingen in gedrag op korte termijn kunnen leiden tot structurele veranderingen in de hersenen (*dit proefschrift*).
4. Gezichten activeren voornamelijk de superfiële kerngroep van de amygdala, ongeacht de expressie die het gezicht vertoont (*dit proefschrift*).
5. In the causal chain from gene to protein to mental function, brain activity is likely to be considered a key intermediate that can help bridge the gap between genes and behaviour (*Green et al., Nat Rev Neurosci, 2008*).
6. Een heldere en universele definitie voor paniek, vrees en angst zou het interpreteren van literatuur hieromtrent veel simpeler maken.
7. It is not the strongest of the species that survives, nor the most intelligent. It is the one that is the most adaptable to change (*Charles Darwin*).
8. Si quam ob rem externam te dolore affectum sentis, non res ipsa, sed tuum de ea iudicium dolore te afficit id autem delere in tua est potestate (Marcus Aurelius; Meditations, book 8, paragraph 47).
If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.
9. "There's all these people talking about how great technology is and how it saves all this time but what good is saved time if nobody uses it?" (*Before sunrise, 1995*)
10. You are making progress if each mistake is a new one.