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Pain Neuroscience Concepts

1
What is Pain?
Pain protects us from danger

2
MRI Monsters
Tissues Heal

3
Prediction Machines
Pain perceptions and expectations

4
What is Neural Circuit Disorder?
Characteristics of neural circuit pain

5
Danger Alarm Systems
Extra sensitive nervous system

6
Your Healing Journey
The steps to take towards recovery

7
Pain Pathways
Nerves that fire together, wire together

8
Our Plastic Brains
Body representation in our brain and smudging

9
Emotional Danger and Physical Pain
Emotional pain and physical pain activate the same brain areas

10
Mapping It Out
Pain experiences are individualized

11
The Brain is the Captain
The brain makes all decisions for protection

12
Happy Hormones
Happy chemicals released can reduce pain

13
Context Matters
The environment can influence pain

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