

WELCOME TO YOUR BRAIN

with Jenni Rawlings

References:

New York Times article: [If Everything is Trauma, Is Anything?](#)

The Atlantic article: [The Self-Help That No One Needs Right Now](#)

New York Times [profile of Bessel van der Kolk](#)

Barrett, Lisa Feldman. "The theory of constructed emotion: an active inference account of interoception and categorization." *Social cognitive and affective neuroscience* 12.1 (2017): 1-23.

Barrett, L. F. (2018). *How emotions are made*. Pan Books.

Cesario, Joseph, David J. Johnson, and Heather L. Eisthen. "Your brain is not an onion with a tiny reptile inside." *Current Directions in Psychological Science* 29.3 (2020): 255-260.

Daubenmier, Jennifer, et al. "Follow your breath: respiratory interoceptive accuracy in experienced meditators." *Psychophysiology* 50.8 (2013): 777-789.

Farb, Norman, et al. "Interoception, contemplative practice, and health." *Frontiers in psychology* 6 (2015): 763.

WELCOME TO YOUR BRAIN

with Jenni Rawlings

References:

Ferentzi, Eszter, Áron Horváth, and Ferenc Köteles. "Do body-related sensations make feel us better? Subjective well-being is associated only with the subjective aspect of interoception." *Psychophysiology* 56.4 (2019): e13319.

Gard, Tim, et al. "Pain attenuation through mindfulness is associated with decreased cognitive control and increased sensory processing in the brain." *Cerebral cortex* 22.11 (2012): 2692-2702.

Garfinkel, Sarah N., et al. "Knowing your own heart: distinguishing interoceptive accuracy from interoceptive awareness." *Biological psychology* 104 (2015): 65-74.

Gibson, Jonathan. "Mindfulness, interoception, and the body: A contemporary perspective." *Frontiers in Psychology* (2019): 2012.

Hölzel, Britta K., et al. "How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective." *Perspectives on psychological science* 6.6 (2011): 537-559.

Khalsa, Sahib S., et al. "Interoceptive awareness in experienced meditators." *Psychophysiology* 45.4 (2008): 671-677.

Parkin, Lucy, et al. "Exploring the relationship between mindfulness and cardiac perception." *Mindfulness* 5.3 (2014): 298-313.

WELCOME TO YOUR BRAIN

with Jenni Rawlings

References:

Seifert, Ludovic, Chris Button, and Keith Davids. "Key properties of expert movement systems in sport." *Sports medicine* 43.3 (2013): 167-178.

Schillings, Christine, Dana Schultchen, and Olga Pollatos. "Effects of a Single Yoga Session on Cardiac Interoceptive Accuracy and Emotional Experience." *Brain Sciences* 11.12 (2021): 1572.

Sterling, Peter. "Allostasis: a model of predictive regulation." *Physiology & behavior* 106.1 (2012): 5-15.

Villemure, Chantal, et al. "Insular cortex mediates increased pain tolerance in yoga practitioners." *Cerebral cortex* 24.10 (2014): 2732-2740.

Zeidan, Fadel, et al. "Mindfulness-meditation-based pain relief is not mediated by endogenous opioids." *Journal of Neuroscience* 36.11 (2016): 3391-3397.