

Links og litteraturhenvisninger til ”Det handler om at fodre din søhest – en håndbog til stressramte børn og deres forældre” Skrevet af Pernille Thomsen og Charlotte Bjerregaard

*Listen opdateres jævnligt – i relation til ny og interessant forskning på feltet
Men det er her vi har hentet en stor del af vores viden – og det der danner baggrund for vores
behandling og tilgang til børnene.*

*Vi kan ikke sige der er evidens for det vi laver (men hvem kan det) – men vi arbejder ud fra en
evidensbaseret praksis*

Ayres, J.; Sanseintegration

E. Kandell et al; Principles of neural science,

Daniel Coleman ”The Brain and emotional intelligens”

Dan Goleman; Retrain your streded out brain; <https://www.psychologytoday.com/blog/the-brain-and-emotional-intelligence/201106/retrain-your-stressed-out-brain>

A.D.Carig; How do you feel

A.D. Craig; How do you feel now

Wilson et al; Stress as a one-armed bandit;
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4721288/>

Tottenham et al; A Review of Adversity, The Amygdala and the Hippocampus: A Consideration of Developmental Timing; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2813726/>

Morhenn et al; Massage increases oxytocin and reduces adrenocorticotropin hormone in humans.

Field et al Cortisol decreases and serotonin and dopamine increase following massage therapy.

McGlone et al Discriminative and Affective Touch: Sensing and Feeling

Milani et al; **Does Pediatric PTSD alter the brain? Systematic review and meta-analysis of structural and functional MRI studies.**

<https://www.ncbi.nlm.nih.gov/pubmed/27778421>

Vaynmann et al; Hippocampal BDNF mediates the efficacy of exercise on synaptic plasticity and cognition, *European Journal of Neuroscience*, Vol. 20, pp. 2580–2590, 2004

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Pajonk et al; Hippocampal plasticity in response to exercise in schizophrenia. [Arch Gen Psychiatry](#). 2010 Feb;67(2):133-43. doi: 10.1001/archgenpsychiatry.2009.193.

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<http://www.br-j.dk/Artikler/Hjernen%20skrumper.pdf>

Søndergaard Thomsen; Hippocampus og psyken. Rapport fra Ålborg Universitet
http://www.koap.aau.dk/KOAP_Dokumenter/Ane_Hippocampus%20og%20psyken_netversion_2006-09-26_02.29.31.pdf

<http://gymnasieskolen.dk/når-hjernen-brænder-sammen>

Still face experiment; <https://www.youtube.com/watch?v=apzXGEbZht0>

[Stress precedes volume reductions in the hippocampus in PTSD](#)

http://www.nytimes.com/2007/02/06/health/psychology/06brain.html?pagewanted=all&_r=0

<http://www.stressforeningen.dk/om-stress/fakta-om-stress/hjernen-og-stress>

Poul Videbech; <http://www.videbech.com/page6/page10/page10.html>

<http://www.ecmhc.org/index.html>

<https://blogs.scientificamerican.com/news-blog/stressing-the-hippocampus-why-it-ma/>

Psychology Today <https://www.psychologytoday.com/blog/the-mindful-self-express/201208/how-prevent-stress-shrinking-your-brain>.

Medical daily <http://www.medicaldaily.com/pulse/stress-and-brain-high-cortisol-levels-can-damage-brain-structure-cognitive-function-361198>

Suzuki et al; Hippocampal Blood Flow Abnormality Associated With Depressive Symptoms and Cognitive Impairment in Patients With Chronic Heart Failure.

<https://www.ncbi.nlm.nih.gov/pubmed/27295999>

Latal et al; Hippocampal volume reduction is associated with intellectual functions in adolescents with congenital heart disease.

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Beadle et al;
Larger hippocampus size in women with anorexia nervosa who exercise excessively than healthy women;