First/Last name	Date	pg 1

NMT UC PTSD Worksheet

TFS:

TSB:

TTS:

TSB:

		TSB Pre	TSB Post
Catecholamine System:	**Dysregulation contributes to PTSD symptoms of hyperarousal, re-experiencing, panic, anxiety, tachycardia, and diaphoresis**		
Norepinephrine			
Epinephrine			
Dopamine			
Other brain chemistries:			
Endocannabinoids			
Serotonin			
Norepinephrine plasma membrane transporter (NET)	**Creates synapse availability of NE. High levels in locus coeruleus (LC) of pons brainstem, prefrontal cortex (PFC), hippocampus, amygdala, and thalamus.**		
NOR-LC	**Stress and trauma lowering of NET in the LC and driving a reactive increase in PFC NET**		
Gabaergic system			
Efficiency of proteolytic PKMζ synaptic processes involved in accessing LTM and proteogenic PKMζ synaptic processes involved in reconsolidating the destabilized LTM (STM) into LTM reflecting present time influenced modification by concurrent life experience?			
Efficiency of identifying, accessing, and bringing into real-time association the discrete neuronal memory elements that are aggregated into ad hoc neural networks to comprise complete memories?			
Efficiency of learning Pavlovian conditioning of fear behavior as the pairing of a biologically potent stimulus (UC) with a previously neutral stimulus, making it a (CS) that produces the same reaction as the UC?			
Efficiency of extinguishing Pavlovian conditioning of fear behavior by which the HM-MB learns that the (UC) and (CS) are no longer experienced together through reconsolidation of accessed LTM PTSD fear memories into neutral LTMs?			

Last/First name	Date	pg 2
Basolateral amygdala (BLA) plasticity in the acquisition and extinction of fear memory involving distinct neural paths for parallel fear and reward memories, and related dopaminergic neurons (DANs) physiology?		
Microbiome contribution to brain inflammation that may contribute to the expression of PTSD?		
Habituation to a mental posture that is judgmental to inner experience, produces unproductive and distressing recursive thinking, disturbance of mental focus, clarity, mood, and sleep?		
Endotoxemia – toxic neurological influence of bacterial LPS, or other microbial, metabolic, or undefined toxins producing adverse neurological stimulation uncorrelated to present-time experience?		
Any adverse H/M-MB resonance and attunement with ancestral morphogenic fields at organizational levels of family, community, culture, and/or society that predispose to generational PTSD, potentiation to the fear memories and compromised memory maintenance physiology of others?		