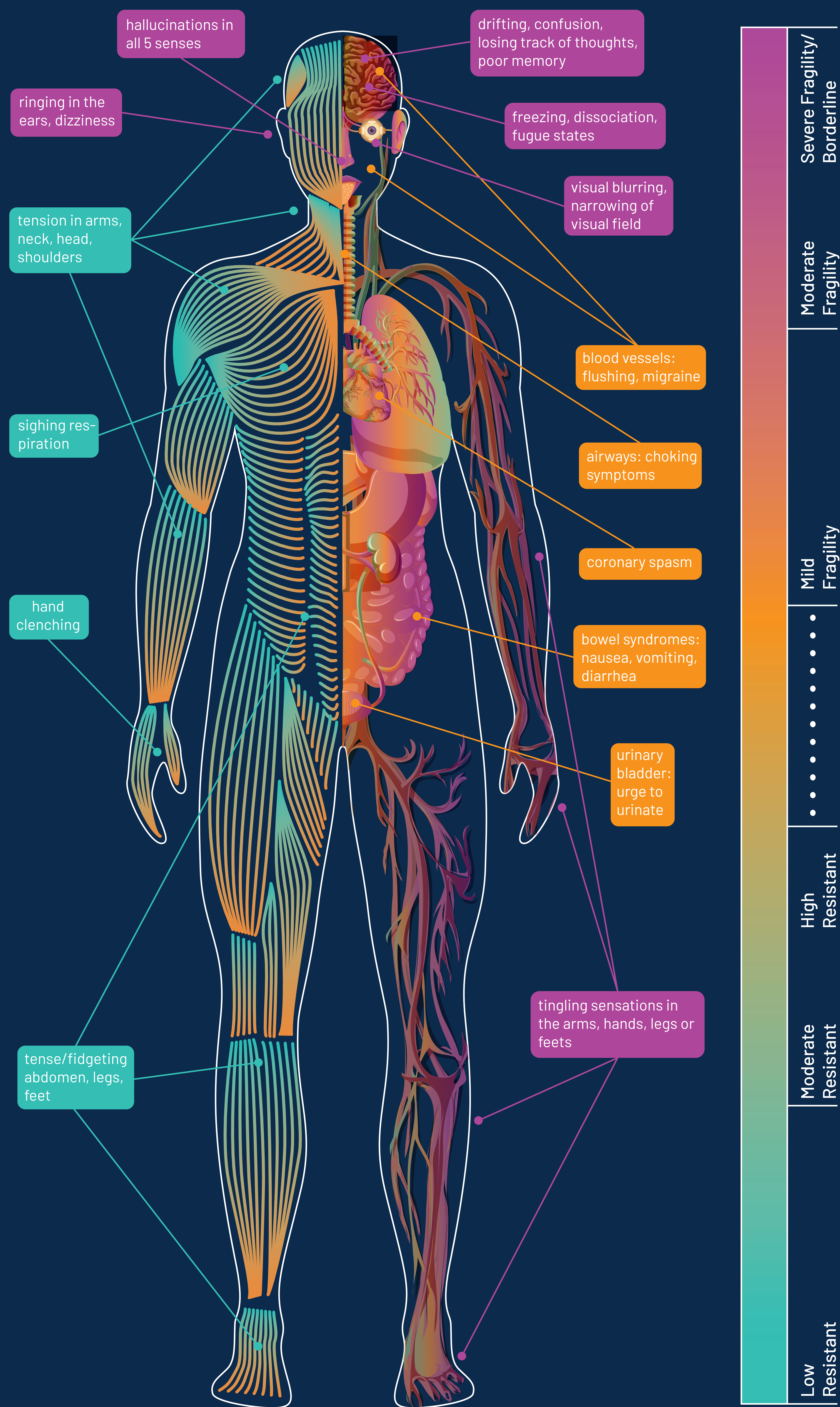


ISTDP Anxiety Atlas

Channels of Unconscious Anxiety



Cognitive Perceptual Disruption

Medical presentations caused and or worsened:
Visual blurring, visual loss, tunnel vision, blindness, hearing impairment or loss, hallucination in all five senses, memory loss, mental confusion, loss of consciousness, pseudo-seizure, dissociation, dizziness, paresthesias, fainting
Nervous system:
autonomic, parasympathetic
Resistance system:
projection and splitting (projection, splitting, projective identification, denial, dissociation, acting out)

Smooth Muscle

Medical presentations caused and or worsened:
migraine headache, asthma, reflux, functional vomiting, IBS, unexplained abdominal pain, bladder dysfunction, interstitial cystitis, hypertension, hypotension with loss of consciousness
Nervous system:
autonomic, parasympathetic
Resistance system:
repression (somatization, conversion, tiredness, depression, self-attack)

Striated Muscle

Medical presentations caused and or worsened:
jaw pain, tension headache, neck pain, chest pain, shortness of breath, choking sensations, abdominal wall pain, back pain, vocal and other tics, fibromyalgia, joint problems, leg pain, cramps, tremor
Nervous system: somatic
Resistance system:
isolation of affect (rationalization, intellectualization, diversification, generalization, rumination)