

# Contents

<b>Foreword</b> .....	v
<b>Part I Basic Concepts of Health and Illness</b>	
<b>1 Introducing the Pathways Model</b> .....	3
Introduction: The Pathway to Illness .....	3
The New Face of Illness.....	4
The Leading Causes of Death .....	5
The Leading Causes of Disability .....	6
Major Factors in Illness Onset .....	7
The Continuum of Health and Illness .....	9
Rethinking Health and Disease.....	11
The Geography of Illness: Exporting Western Health Risks .....	12
Wellness Is an Option .....	13
Conclusion: Pathways to Health .....	14
References.....	15
<b>2 Genetic Etiology of Illness</b> .....	19
Definitions.....	19
Genetics and Personality.....	20
Genetics and Risk .....	21
Genetics and Environment.....	22
Genetics and Psychiatric Illness.....	23
Genetics and Physical Illness.....	24
Genetic Factors in Coexisting Disorders .....	25
Summary .....	26
References.....	26

<b>3</b>	<b>Psychosocial Etiology of Illness.....</b>	<b>29</b>
	Introduction.....	29
	Life Events, Trauma, and Health .....	30
	The Psychosomatic History .....	30
	Stressful Life Events and Health.....	31
	The Role of Trauma in Later Illness .....	32
	Negative Coping, Health Risk Behaviors, and Risky Lifestyles.....	35
	Psychosocial Pathways to Health.....	36
	Social Supports .....	36
	Positive Coping, Health Supportive Behaviors, and Well Lifestyles.....	38
	Pathways Interventions: The Case of Esther.....	39
	Initial Visit and Assessment.....	40
	Initial Pathway Interventions .....	41
	Summary .....	43
	References.....	43
<b>4</b>	<b>Psychophysiological Etiology of Illness.....</b>	<b>47</b>
	Introduction.....	47
	Models of Mind–Body Interactions .....	49
	Association Between Psychological Stress and Illness .....	49
	Somatization and Medically Unexplained Symptoms .....	50
	Risk and Resilience Factors .....	56
	Personal Mastery and Optimism Promote Resilience.....	58
	Summary .....	59
	References.....	59
<b>5</b>	<b>Assessment in the Pathways Model.....</b>	<b>63</b>
	Goals of Assessment .....	63
	Self-Assessment.....	64
	Professional Assessment .....	66
	Preparation for Intervention .....	69
	Assessment of the Client’s Readiness for Change .....	69
	Summary .....	71
	References.....	72
<b>6</b>	<b>Interventions in the Pathways Model.....</b>	<b>75</b>
	Introduction.....	75
	Level One Interventions .....	76
	Mindful Breathing.....	76
	Nutrition and Feeding Behavior.....	77
	Sleep and Rest.....	78
	Self-Soothing .....	79
	Movement .....	80
	Level Two Interventions.....	81
	Progressive Relaxation.....	82

Physical Exercise .....	82
Cognitive Renewal .....	82
Pause: Introducing a Moment of Awareness.....	83
Mindfulness.....	84
Communication.....	85
Level Three Interventions .....	86
Psychotherapy .....	86
Applied Psychophysiological Therapy .....	88
Biofeedback .....	88
Guided Imagery .....	89
Hypnosis .....	89
Conclusion .....	89
References.....	90

## Part II Applications to Common Illnesses

<b>7 Substance Abuse Disorders .....</b>	<b>95</b>
Introduction.....	95
Substance Abuse Prevalence and Costs .....	96
Paradigms for Substance Abuse Problems.....	97
The Health Problem Model for Substance Abuse: An Acute Versus Chronic Disease Model? .....	98
The Pathways Model: The Case of Alice.....	102
References.....	106
<b>8 Depression.....</b>	<b>109</b>
Introduction.....	109
Clinical Depression: Incidence and Costs.....	110
Mechanisms and Models for Depression.....	111
Genetics.....	111
Neurochemical and Neuroscience Models of Depression .....	111
Environmental Factors .....	112
Comorbidity with Other Disorders .....	112
Interventions .....	114
Medication .....	114
Psychotherapy .....	115
Exercise.....	117
Nutrition.....	117
Mind-Body Therapies .....	119
Integrative Treatment Combining Multiple Interventions .....	121
Pathways Interventions: The Case of Abigail.....	122
Initial Visit and Assessment.....	122
Pathways Interventions .....	124
Abigail Today.....	127
References.....	128

<b>9</b>	<b>Anxiety</b> .....	133
	Introduction.....	133
	Brief Descriptions of the Anxiety Disorders .....	134
	Psychological and Physiological Characteristics of Anxiety.....	135
	The Case of Suzette .....	135
	Intervention Plan.....	136
	Education and Level One Intervention .....	136
	Level Two Interventions.....	137
	Level Three Interventions .....	137
	Case Summary .....	138
	The Case of Bernie.....	138
	Interventions: Level One.....	140
	Interventions: Level Two .....	140
	Interventions: Level Three .....	141
	Case Summary .....	142
	References.....	142
<b>10</b>	<b>Diabetes and Obesity</b> .....	145
	Definitions and Standard Management.....	145
	Psychophysiological Etiology.....	146
	The Case of Rosa .....	149
	Case Summary .....	153
	References.....	153
<b>11</b>	<b>Hypertension and Neurocardiogenic Syncope</b> .....	157
	Introduction.....	157
	Regulation of Blood Pressure .....	158
	Essential Hypertension.....	158
	Psychosocial Factors Influencing Blood Pressure .....	159
	Case of Marquise .....	160
	Case Summary .....	163
	Dysautonomia: Autonomic Nervous System Disorders .....	163
	Etiology of ANS Disorders.....	163
	Case of Gabriella (Gaby) .....	164
	Case Summary .....	166
	References.....	167
<b>12</b>	<b>Headache and Back Pain</b> .....	171
	Chronic Pain and Quality of Life.....	171
	Migraine Headache .....	172
	Tension-Type Headache .....	173
	Assessment of the Patient with Chronic Pain .....	173
	The Case of Melinda.....	173
	Case Summary .....	175
	Research Support for Case Interventions.....	175
	Psychophysiological Basis for Transition from Acute to Chronic Pain .....	176

The Case of Peter .....	177
Pathways Interventions in the Case of Peter .....	178
Case Summary .....	180
References .....	181
<b>13 Fibromyalgia Syndrome .....</b>	<b>185</b>
Understanding the Fibromyalgia Syndrome .....	185
Definition of the Fibromyalgia Syndrome .....	185
Prevalence of the Disorder .....	186
Mechanisms and Models for Fibromyalgia .....	187
The Case of Elizabeth .....	189
Case Summary .....	194
References .....	196
<b>14 Gastrointestinal Disorders .....</b>	<b>199</b>
Overview of Gastrointestinal Function .....	199
Functional GI Disorders .....	201
Irritable Bowel Syndrome .....	202
Functional Dyspepsia .....	204
Functional Abdominal Pain Syndrome .....	204
The Case of Rod .....	205
Case Summary .....	208
References .....	209
<b>15 Sleep Disorders .....</b>	<b>211</b>
Introduction: Normal Sleep .....	211
Sleep Deprivation and Its Effects .....	212
The Case of Brandon .....	213
Case Summary .....	216
The Case of Cerise .....	216
Case Summary .....	218
References .....	219

### **Part III Personalizing the Path to Health and Wellness**

<b>16 Simple Pathways to Health and Wellness .....</b>	<b>223</b>
Introduction .....	223
Simple Pathways I: Autogenic Training .....	224
Simple Pathways II: Thermal Biofeedback .....	227
Simple Pathways III: Emotional Journaling .....	229
Simple Pathways IV: Heart Rate Variability Biofeedback .....	231
Simple Pathways V: Audio-Visual Entrainment .....	234
Simple Pathways VI: Mindfulness .....	236
Simple Pathways VII: Expressive Dance .....	237
Simple Pathways VIII: Psychoeducation .....	238
Simple Pathways: Conclusion .....	238
References .....	239

<b>17</b>	<b>Developing a Wellness Plan</b> .....	243
	Types of Wellness Programs .....	243
	The Case of Philip.....	244
	Case Summary .....	247
	References.....	248
<b>18</b>	<b>Seeking Professional Help</b> .....	249
	Finding a Provider for Pathways Interventions.....	249
	The Well-Informed, Critical Health-Care Consumer.....	251
	<b>About the Authors</b> .....	255
	<b>Index</b> .....	257



<http://www.springer.com/978-1-4419-1379-1>

Pathways to Illness, Pathways to Health

McGrady, A.; Moss, D.

2013, XIV, 263 p.,

ISBN: 978-1-4419-1379-1