PSYCHOBIOLOGY OF STRESS RESILIENCE

Dr. Thomas R. Minor
8451B Franz Hall
(310) 825-3611
minor@psych.ucla.edu

TOPICS & READINGS:

Meeting 1:
Individual variations in stress vulnerability and resilience

Meeting 2:
Central, autonomic, and endocrine responses to stress


Meeting 3:
The concepts of resilience, thriving, and stress recovery


Meeting 4:
The neuropeptides and suppression of the stress response.


Meeting 5:
Maintaining and optimistic outlook on life