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11. McEwen and Lasley, The End of Stress as We Know It, chap. 2.
12. 下視丘會釋出促皮質素釋放荷爾蒙，刺激腦下垂體分泌促皮質素（ＡＣＴＨ），於是ＡＣＴＨ會刺激腎上腺分泌皮質醇及其他糖皮質素。
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17. McEwen and Lasley, The End of Stress as We Know It, 72; Scaer, The Trauma Spectrum, 22–25.
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19. Porges, The Polyvagal Theory, chap. 2.
20. Porges, The Polyvagal Theory, chap.1.
21. 「性」特別複雜，一開始是腹側副交感神經系統與交感神經系統，取得脆弱的平衡進行誘惑與前戲，接著是背側副交感神經系統與交感神經系統，引發勃起並激起情感，然後是腹側副交感神經系統在射精時完全關閉。由於這種平衡很脆弱，因此早發性射精與勃起功能障礙是男性神經系統失調與調適負荷作用常見的症狀。 Porges, The Polyvagal Theory, 172–179, 81–83, 275–277, 91–93; Sapolsky, Why Zebras Don't Get Ulcers, 120–126.
22. 迷走神經的腹側分支是有髓鞘，亦即有富含脂肪的鞘包圍著神經纖維，不但能發電，跟其他神經元的交流速度

也更快。所有哺乳類動物都具備有髓鞘的迷走神經以及腹側副交感神經系統。然而，背側沒有髓鞘。大多數的脊椎動物都具備無髓鞘的迷走神經，因此背側副交感神經系統是哺乳類、魚類、爬蟲類、兩棲類都具備的。

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24. McEwen and Lasley, The End of Stress as We Know It, chap. 5; Porges, The Polyvagal Theory, chap.4.
25. McEwen and Lasley, The End of Stress as We Know It, 44–45, 76.
26. van der Kolk, The Body Keeps the Score, 80–82; Porges, The Polyvagal Theory, 55, 92–93; Pat Ogden, Kekuni Minton, and Clare Pain, Trauma and the Body: A Sensorimotor Approach to Psychotherapy (New York: Norton, 2006), 32.
27. McEwen and Lasley, The End of Stress as We Know It, chap.5; van der Kolk, The Body Keeps the Score, chap. 5; Porges, The Polyvagal Theory, 269–271.
28. Scaer, The Trauma Spectrum, 43–44; McEwen and Lasley, The End of Stress as We Know It, chap. 2.
29. Porges, The Polyvagal Theory, 55, 92–93;
30. McEwen and Lasley, The End of Stress as We Know It, 78–79; Ogden et al., Trauma and the Body, 94–96; Ogden and Fisher, Sensorimotor Psychotherapy, 520–521.
31. Ogden and Fisher, Sensorimotor Psychotherapy, 520–521; Scaer, The Trauma Spectrum, 44–45; Porges, The Polyvagal Theory, 177–183; Ogden et al., Trauma and the Body, 94–96; van der Kolk, The Body Keeps the Score, 82.
32. 如果想看以出色手法呈現僵化狀態的畫面，也是我在教導僵狀態時會舉的例子，建議觀看電影《搶救雷恩大兵》（*Saving Private Ryan*）電影，湯姆．漢克扮演的角色，首度抵達諾曼第海灘登陸當天的畫面，畫面精采呈現他的自主神經系統進入僵化狀態而後脫離僵化狀態的情況。
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36. Ogden and Fisher, Sensorimotor Psychotherapy, chap. 25; McEwen and Lasley, The End of Stress as We Know It, 82–83; van der Kolk, The Body Keeps the Score, 79–80.
37. Ogden and Fisher, Sensorimotor Psychotherapy, 519, 21.

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4. Scaer, The Trauma Spectrum, 40–42; Robert M. Sapolsky, Why Zebras Don't Get Ulcers, 3rd ed. (New York: Holt, 2004), chap. 15; J. Douglas Bremner, Does Stress Damage the Brain?Understanding Trauma-Related Disorders from a Mind-Body Perspective (New York: Norton, 2005), chap. 4; Bruce S. McEwen and Elizabeth Norton Lasley, The End of Stress as We Know It (Washington, D.C.: Joseph Henry, 2002), 108–110.
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al., “Neuropeptide-Y, Cortisol, and Subjective Distress in Humans Exposed to Acute Stress: Replication and Extension of Previous Report,” Biological Psychiatry 52, no. 2 (2002): 136–142; C. A. Morgan et al.,“Relationships among Plasma Dehydroepiandrosterone Sulfate and Cortisol Levels, Symptoms of Dissociation, and Objective Performance in Humans Exposed to Acute Stress,” Archives of General Psychiatry 61, no. 8 (2004): 819–825; C. A. Morgan et al., “Relationship among Plasma Cortisol, Catecholamines, Neuropeptide Y, and Human Performance during Exposure to Uncontrollable Stress,” Psychosomatic Medicine 63, no. 3 (2001): 412–422; B. P. Marx, S. Doron-Lamarca, S. P. Proctor, and J. J. Vasterling, “The Influence of Pre-Deployment Neurocognitive Functioning on Post-Deployment PTSD Symptom Outcomes among Iraq-Deployed Army Soldiers,” Journal of the International Neuropsychological Society 15, no. 6 (2009): 840–852; Vasterling et al., “Neuropsychological Outcomes”; S. Maguen et al., “Description of Risk and Resilience Factors among Military Medical Personnel before Deployment to Iraq,” Military Medicine 173, no. 1 (2008): 1-9;E. A. Stanley et al., “Mindfulness-Based Mind Fitness Training: A Case Study of a High-Stress Predeployment Military Cohort,” Cognitive and Behavioral Practice 18, no. 4 (2011): 566–576; A. P. Jha et al., “Examining the Protective Effects of Mindfulness Training on Working Memory Capacity and Affective Experience,” Emotion 10, no. 1 (2010): 54–64; A. P. Jha et al., “Minds ‘at Attention’: Mindfulness Training Curbs Attentional Lapses in Military Cohorts,” PLOS One 10, no. 2 (2015): e0116889; A. P. Jha,A. B. Morrison, S. C. Parker, and E. A. Stanley, “Practice Is Protective: Mindfulness Training Promotes Cognitive Resilience in High-Stress Cohorts,” Mindfulness 8, no. 1 (2017): 46-58.

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20. S. J. Lupien et al., “Cortisol Levels during Human Aging Predict Hippocampal Atrophy and Memory Deficits,” Nature Neuroscience 1 (1998): 69–73; Sapolsky, Why Zebras Don’t Get Ulcers, chap. 10. 幸好其他的動物與人類研究都顯示，皮質醇增加的影響很有可能不會造成永久的損害：皮質醇濃度修正後，海馬迴就會開始恢復正常大小。參閱：McEwen and Lasley, The End of Stress as We Know It, chap.7. 皮質醇增加與 PTSD 之間的關聯沒那麼確鑿，很多有 PTSD 的人的皮質醇濃度有時很低，但 HPA 軸還是很容易活化，因此過去研究人員以為 PTSD 造成的海馬迴體積萎縮是不可逆的。然而，有研究顯示，PTSD 造成的海馬迴體積萎縮應該是可逆的。例子請參閱：E. Vermetten et al., “Long-Term Treatment with Paroxetine Increases Verbal Declarative Memory and Hippocampal Volume in Posttraumatic Stress Disorder,” Biological Psychiatry 54 (2003): 693–702; Bremner, Does Stress Damage the Brain?, 60–62, 115–119. 其他研究則認為因果關係是相反的：高壓經驗就有海馬迴體積小和記憶問題的情況，導致人在經歷創傷後罹患 PTSD 的機率增加。比如，這種情況有可能會發生在童年逆境後。參閱：Marx et al., “The Influence of Pre-Deployment Neurocognitive Functioning”; R. A. Parslow and A. F. Jorm, “Pretrauma and Posttrauma Neurocognitive Functioning and PTSD Symptoms in a Community Sample of Young Adults,” American Journal of Psychiatry 164, no. 3 (2007): 509-515; Sapolsky, Why Zebras Don’t Get Ulcers, chap.10, esp.222.

21. K. Cho, “Chronic ‘Jet Lag’ Produces Temporal Lobe Atrophy and Spatial Cognitive Deficits,” Nature Neuroscience 4 (2001): 567-568.

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23. Sapolsky, Why Zebras Don’t Get Ulcers, 221.

24. Bremner, Does Stress Damage the Brain?, 60–62, 115–119.

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26. Daniel J. Siegel, The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are (New York: Guilford, 1999), 253; Ogden et al., Trauma and the Body, chap. 2.

27. Porges, The Polyvagal Theory, chap. 1; Ogden et al., Trauma and the Body, chap. 2; Bremner, Does Stress Damage the Brain?, chap.4; McEwen and Lasley, The End of Stress as We Know It, chap. 7; Sapolsky, Why Zebras Don’t Get Ulcers,

chaps. 10, 15.

28. Kavanagh, Stress and Performance, 16–17.

29. Porges, The Polyvagal Theory, chap. 1; E. A. Stanley, "War Duration and the Micro-Dynamics of Decision-Making under Stress," Polity 50, no. 2 (2018): 178–200; J. Renshon, J. J. Lee, and D. Tingley, "Emotions and the MicroFoundations of Commitment Problems," International Organization 71, no. S1 (2017): S189–S218.

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31. Kahneman, Thinking, Fast and Slow; Elizabeth Stanley, Paths to Peace: Domestic Coalition Shifts, War Termination and the Korean War (Stanford, CA: Stanford University Press, 2009), chap. 2; Kavanagh, Stress and Performance, 17–19; Scott Sigmund Gartner, Strategic Assessment in War (New Haven, CT: Yale University Press, 1999).

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33. Stanley, "War Duration"; Kavanagh, Stress and Performance, 17–20; Kahneman, Thinking, Fast and Slow.

34. Scaer, The Trauma Spectrum, 58–59, 132–133.

35. Scaer, The Trauma Spectrum, chap. 3; Ogdenet al., Trauma and the Body, 20–22, 86–87.

36. Scaer, The Trauma Spectrum, 42, 95, chap. 3; Ogden et al., Trauma and the Body, 34–36, 86–87.

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40. Scaer, The Trauma Spectrum, 62-67.

41. Scaer, The Trauma Spectrum, 62-64.

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43. Scaer, The Trauma Spectrum, 62–64; Pat Ogden and Janina Fisher, Sensorimotor Psychotherapy: Interventions for Trauma and Attachment (New York: Norton, 2015), 181.

44. Ogden et al., Trauma and the Body, 7.

45. McEwen and Lasley, The End of Stress as We Know It, 37–38; Joseph LeDoux, The Emotional Brain: The Mysterious Underpinnings of Emotional Life (New York: Touchstone, 1998); M. R. Delgado, A. Olsson, and E. A. Phelps, "Extending Animal Models of Fear Conditioning to Humans," Biological Psychiatry 73 (2006): 39–48; A. Feder, E. J. Nestler, and D. S. Charney, "Psychobiology and Molecular Genetics of Resilience," Nature Reviews Neuroscience 10 (2009): 446-457;M. R. Delgado et al., "Neural Circuitry Underlying the Regulation of Conditioned Fear and Its Relation to Extinction," Neuron 59 (2008): 829–838; M. R. Milad et al., "Thickness of Ventromedial Prefrontal Cortex in Humans Is Correlated with Extinction Memory," Proceedings of the National Academy of Sciences 102, no. 30 (2005): 10706-10711;D. Schiller et al., "From Fear to Safety and Back: Reversal of Fear in the Human Brain,"Journal of Neuroscience 28 (2008): 11517-11525.

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47. van der Kolk, The Body Keeps the Score, 182; van der Kolk, "Clinical Implications of Neuroscience Research in PTSD," 281–282; Ogden et al., Trauma and the Body,23–24, 37.

48. Ogden et al., Trauma and the Body, 24. Italics in original.

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1. Bruce E. Wexler, Brain and Culture: Neurobiology, Ideology, and Social Change (Cambridge, MA: MIT Press, 2006), 36.
2. Stephen W. Porges, The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation (New York: Norton, 2011), 122.
3. Porges, The Polyvagal Theory, 77.
4. ‥ Porges, The Polyvagal Theory, chap.8.
5. Porges, The Polyvagal Theory, 122.
6. S. W. Porges et al., “Infant Regulation of the Vagal ‘Brake’ Predicts Child Behavior Problems: A Psychobiological Model of Social Behavior,” Developmental Psychobiology 29, no. 8 (1996): 697–712; Porges, The Polyvagal Theory, chaps. 7, 8.
7. J. Bowlby, “Attachment and Loss: Retrospect and Prospect,” American Journal of Orthopsychiatry 52, no. 4 (1982): 664-678.
8. Bessel A. van der Kolk, The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (New York: Penguin, 2015), 122.
9. 這兩個社群對依附類型有不同的概念與量測方式，詳情請參閱‥ K. Bartholomew and P. R. Shaver, “Methods of Assessing Adult Attachment:Do They Converge?,” in Attachment Theory and Close Relationships, edited by J. A. Simpson and W. S. Rholes (New York: Guilford, 1998), 25–45.
10. van der Kolk, The Body Keeps the Score, chap. 7; Pat Ogden, Kekuni Minton, and Clare Pain, Trauma and the Body: A Sensorimotor Approach to Psychotherapy (New York: Norton, 2006), chap. 3; Daniel J. Siegel, The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are (New York: Guilford, 1999), chap. 8.
11. Ogden et al., Trauma and the Body, 46-47.
12. Amir Levine and Rachel S. F. Heller, Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love (New York: Tarcher/Penguin, 2010), 140. 然而，根據數項科學研究的證據，童年與成年時期的依附類型之間的關連不大。評論請參閱‥ R. C. Fraley, “Attachment Stability from Infancy to Adulthood: Meta-Analysis and Dynamic Modeling of Developmental Mechanisms,” Personality and Social Psychology Review 6, no. 2 (2002): 123–151; E. Scharfe and K. I. M. Bartholomew, “Reliability and Stability of Adult Attachment Patterns,” Personal Relationships 1, no. 1 (1994): 23-43.
13. Ogden et al., Trauma and the Body, chap. 3; Siegel, The Developing Mind, 276–278.
14. Ogden et al., Trauma and the Body, 41–43; Siegel, The Developing Mind, 278–283; van der Kolk, The Body Keeps the Score, 110–114.
15. van der Kolk, The Body Keeps the Score, 110–114; Ogden et al., Trauma and the Body, 41–48; Siegel, The Developing Mind, 278–283.
16. E. Z. Tronick, “Emotions and Emotional Communication in Infants,” American Psychologist 44, no. 2 (1989): 112–119; Ogden et al., Trauma and the Body, 46; Siegel, The Developing Mind, 291.
17. 唐諾・溫尼考特（Donald Winnicott）認為大多數的母親在敏感察覺嬰兒方面做得還不錯，「夠好的」母親或照顧者一詞就是出自於他。參閱‥ Donald W. Winnicott, Primary Maternal Preoccupation (London: Tavistock, 1956).
18. Wexler, Brain and Culture, 92–121; van der Kolk, The Body Keeps the Score, 113–114; Ogden et al., Trauma and the Body, 43–48; Siegel, The Developing Mind, 282–283.
19. Ogden et al., Trauma and the Body, 47–48; Siegel, The Developing Mind, 282–283; Levine and Heller, Attached, chap. 7.
20. T. Ein-Dor et al., “The Attachment Paradox: How Can So Many of Us (the Insecure Ones) Have No Adaptive Advantages?,” Perspectives on Psychological Science 5, no. 2 (2010): 123-141. 例如，有一項研究發現五九%的人是安全依附型，一二五%是不安逃避型，一一%是不安緊張型‥ K. D. Mickelson, R. C. Kessler, and P. R. Shaver, “Adult Attachment in a Nationally Representative Sample,” Journal of Personality and Social Psychology 73, no. 5 (1997): 1092-1106. 還有一項研究發現六三・五%的人是安全型，一二%是逃避型，六%是緊張型，九%無法歸類‥ X.

Meng, C. D'Arcy, and G. C. Adams, "Associations between Adult Attachment Style and Mental Health Care Utilization: Findings from a Large-Scale National Survey," Psychiatry Research 229, no. 1 (2015): 454-461. 列文（Levine）和海勒（Heller）審視幾項研究後發現，成人有五〇%是安全型，二五%是逃避型，一二%是緊張型，三%是混亂型。請參閱：Levine and Heller, Attached, 8. M. Mikulincer and P. R. Shaver, Attachment in Adulthood: Structure, Dynamics, and Change (New York: Guilford, 2007)，審視多項研究後就會發現安全依附型在弱勢（例如貧困、社群不穩）族群所占的比例較低。

21. 這類研究的評論請參閱：C. Magai et al., "Attachment Styles in Older European American and African American Adults," Journal of Gerontology B: Psychological and Social Sciences 56, no. 1 (2001): S28–S35.

22. van der Kolk, The Body Keeps the Score, 115.

23. 評論請參閱：G. N. Neigh, C. F. Gillespie, and C. B. Nemeroff, "The Neurobiological Toll of Child Abuse and Neglect," Trauma, Violence and Abuse 10, no. 4 (2009): 389–410; Robert M. Sapolsky, Behave: The Biology of Humans at Our Best and Worst (New York: Penguin, 2017), chap.7.

24. M. H. van Ijzendoorn, C. Schuengel, and M. J. Bakermans-Kranenburg, "Disorganized Attachment in Early Childhood: Meta-Analysis of Precursors, Concomitants, and Sequelae," Development and Psychopathology 11, no. 2 (1999): 225-250.

25. M. Kennedy, L. R. Betts, and J. D. M. Underwood, "Moving beyond the Mother-Child Dyad: Exploring the Link between Maternal Sensitivity and Siblings' Attachment Styles," Journal of Genetic Psychology 175, no. 3–4 (2014): 287–300; E. M. Leerkes, "Maternal Sensitivity during Distressing Tasks: A Unique Predictor of Attachment Security," Infant Behavior and Development 34 (2011): 443-446. 近來研究顯示，不安依附類型跟特定的多巴胺與血清素受體基因之間至少有部分關聯。參閱：R. C. Fraley et al., "Interpersonal and Genetic Origins of Adult Attachment Styles: A Longitudinal Study from Infancy to Early Adulthood," Journal of Personality and Social Psychology 104, no. 5 (2013): 817–838; O. Gillath et al., "Genetic Correlates of Adult Attachment Style," Personality and Social Psychology Bulletin 34, no. 10 (2008): 1396-1405.

26. ：L. C. Hibel et al., "Intimate Partner Violence Moderates the Association between Mother–Infant Adrenocortical Activity across an Emotional Challenge," Journal of Family Psychology 23 (2009): 615–625; L. M. Papp, P. Pendry, and E. K. Adam, "MotherAdolescent Physiological Synchrony in Naturalistic Settings: Within-Family Cortisol Associations and Moderators," Journal of Family Psychology 23 (2009): 882–894; S. R. Williams et al., "Exploring Patterns in Cortisol Synchrony among Anxious and Nonanxious Mother and Child Dyads: A Preliminary Study," Biological Psychology 93 (2013): 287-295.

27. S. F. Waters, T. V. West, and W. B. Mendes, "Stress Contagion: Physiological Covariation between Mothers and Infants," Psychological Science 25, no. 4 (2014): 934-942.

28. Waters et al., "Stress Contagion," 939.

29. Ogden et al., Trauma and the Body, 48–50; van der Kolk, The Body Keeps the Score, 116; Siegel, The Developing Mind, 283. 瑪莉・艾因斯沃斯（Mary Ainsworth）研發出「陌生情境」實驗，以這套實證方法來判定嬰兒或幼兒的依附關型。該實驗共有八個情節，每個情節分別有母親、小孩、陌生人的不同組合。觀察者會在另一個房間，每十五秒就替小孩的行為編碼，根據編碼的行為替依附類型打分數。艾因斯沃斯以該次研究結果為基礎，制定出三種依附類型：安全型、不安逃避型、不安焦慮型。參閱：M. D. S. Ainsworth and S. M. Bell, "Attachment, Exploration, and Separation: Illustrated by the Behavior of One-Year-Olds in a Strange Situation," Child Development 41, no. 1 (1970): 49-67. 瑪莉・緬恩（Mary Main）及同僚則是觀察到第四種依附類型——不安混亂型。

30. van der Kolk, The Body Keeps the Score, 116; Siegel, The Developing Mind, 287–290; Ogden et al., Trauma and the Body, 48–50.

31. Ogden et al., Trauma and the Body, 48–50; Siegel, The Developing Mind, 287–290; van der Kolk, The Body Keeps the Score, 116; Levine and Heller, Attached, chap. 6.

32. Levine and Heller, Attached, chap. 6; J. N. Fish et al., "Characteristics of Those Who Participate in Infidelity: The Role of Adult Attachment and Differentiation in Extradyadic Experiences," American Journal of Family Therapy 40, no. 3 (2012): 214–229; E. S. Allen and D. H. Baucom, "Adult Attachment and Patterns of Extradyadic Involvement," Family Process

43, no. 4 (2004): 467–488; E. Selcuk, V. Zayas, and C. Hazan, “Beyond Satisfaction: The Role of Attachment in Marital Functioning,” Journal of Family Theory and Review 2, no. 4 (2010): 258-279.

33. Levine and Heller, Attached, 8; Meng et al., “Associations between Adult Attachment Style and Mental Health Care Utilization”; Mickelson et al., “Adult Attachment in a Nationally Representative Sample.”

34. 評論請參閱：Magai et al., “Attachment Styles.”

35. Siegel, The Developing Mind, 283–284; Ogden et al., Trauma and the Body, 50–51.

36. Ogden et al., Trauma and the Body, 50–51; Siegel, The Developing Mind, 283–284; van der Kolk, The Body Keeps the Score, 116.

37. Siegel, The Developing Mind, 290–292; Ogden et al., Trauma and the Body, 50–51; Levine and Heller, Attached, chap. 5;S. Reynolds, H. R. Searight, and S. Ratwik, “Adult Attachment Styles and Rumination in the Context of Intimate Relationships,” North American Journal of Psychology 16, no. 3 (2014): 495–506; O. Gillath et al., “Attachment-Style Differences in the Ability to Suppress Negative Thoughts: Exploring the Neural Correlates,” NeuroImage 28 (2005): 835–847; S. K. K. Nielsen et al., “Adult Attachment Style and Anxiety—The Mediating Role of Emotion Regulation,” Journal of Affective Disorders 218 (2017): 253-259.

38. R. C. Fraley et al., “Adult Attachment and the Perception of Emotional Expressions: Probing the Hyperactivating Strategies Underlying Anxious Attachment,” Journal of Personality 74, no. 4 (2006): 1163–1190; P. Vrti ka, D. Sander, and P. Vuilleumier, “Influence of Adult Attachment Style on the Perception of Social and Non-Social Emotional Scenes,” Journal of Social and Personal Relationships 29, no. 4 (2012): 530–544; Selcuk et al., “Beyond Satisfaction”; Levine and Heller, Attached, chap. 5.

39. Siegel, The Developing Mind, 290–292; Selcuk et al., “Beyond Satisfaction”; Gillath et al., “Attachment-Style Differences”; Levine and Heller, Attached, Chapter 5.

40. Allen and Baucom, “Adult Attachment”; Fish et al., “Characteristics of Those Who Participate in Infidelity”; J. Davila and T. N. Bradbury, “Attachment Insecurity and the Distinction between Unhappy Spouses Who Do and Do Not Divorce,” Journal of Family Psychology 15, no. 3 (2001): 371–393; Selcuk et al., “Beyond Satisfaction.”

41. Levine and Heller, Attached, 8; Meng et al., “Associations between Adult Attachment Style and Mental Health Care Utilization”; Mickelson et al., “Adult Attachment in a Nationally Representative Sample.”

42. 若有量測，則是視為「焦慮逃避型」或「害怕逃避型」。參閱：Bartholomew and Shaver, “Methods of Assessing Adult Attachment.”

43. van Ijzendoorn et al., “Disorganized Attachment in Early Childhood.”

44. van Ijzendoorn et al., “Disorganized Attachment in Early Childhood”; Siegel, The Developing Mind, 284; Ogden et al., Trauma and the Body, 51–54; E. Hesse and M. Main, “Frightened, Threatening, and Dissociative Parental Behavior in Low-Risk Samples: Description, Discussion, and Interpretations,” Development and Psychopathology 18, no. 2 (2006): 309–343; van der Kolk, The Body Keeps the Score, 117–120.

45. Hesse and Main, “Frightened, Threatening, and Dissociative Parental Behavior,” 310.

46. Hesse and Main, “Frightened, Threatening, and Dissociative Parental Behavior,” 310; Ogden et al., Trauma and the Body, 51–54; Siegel, The Developing Mind, 284; van der Kolk, The Body Keeps the Score, 117–120; van Ijzendoorn et al., “Disorganized Attachment in Early Childhood.”

47. van Ijzendoorn et al., “Disorganized Attachment in Early Childhood,” 226.

48. van der Kolk, The Body Keeps the Score, 117–120; J. L. Borelli et al., “Links between Disorganized Attachment Classification and Clinical Symptoms in School-Aged Children,” Journal of Child and Family Studies 19, no. 3 (2010): 243-256.

49. Porges, The Polyvagal Theory, 17–19; Ogden et al., Trauma and the Body, 51–54; van der Kolk, The Body Keeps the Score, 121–122.

50. van der Kolk, The Body Keeps the Score, 116; Levine and Heller, Attached, 9.

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18. 我們以派遣前的部隊為研究對象，測試過五種版本的八週課程：二十四小時版本、二十小時版本、十六小時版本、兩個八小時版本，重點放在以下其中一項：(1) 在課堂上練習與討論；(2) 壓力與韌性的神經生物學相關智識內容。從實證研究結果來看，二十四小時的版本可以說是最佳的版本。

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21. Johnson et al., “Modifying Resilience Mechanisms in At-Risk Individuals.” 神經胜肽 Y 濃度可當成韌性指標，有兩種方式。一，具備韌性者，休息狀態期間血液裡的神經胜肽 Y 濃度較高。此外，就像正念組海陸那樣，

能夠在壓力反應作用期間分泌額外的神經胜肽Y，接著在之後很快排解出來，這表示有能力做出適合的壓力反應並有效康復，此為韌性的另一個面向。有關韌性指標神經胜肽Y，詳情請參閱：J. Pernow et al., “Plasma Neuropeptide Y–Like Immunoreactivity and Catecholamines during Various Degrees of Sympathetic Activation in Man,” Clinical Psychology 6 (1986): 561-578;R. Yehuda, S. Brand, and R. Yang, “Plasma Neuropeptide-Y Concentrations in Combat Exposed Veterans; Relationship to Trauma Exposure, Recovery from PTSD, and Coping,” Biological Psychiatry 59 (2006): 660–663; C. A. Morgan et al., “Plasma Neuropeptide-Y Concentrations in Humans Exposed to Military Survival Training,” Biological Psychiatry 47 (2000): 902–909; C. A. Morgan et al., “Relationship among Plasma Cortisol, Catecholamines, Neuropeptide-Y, and Human Performance during Exposure to Uncontrollable Stress,” Psychosomatic Medicine 63, no. 3 (2001): 412–422; C. A. Morganet al., “Neuropeptide-Y, Cortisol, and Subjective Distress in Humans Exposed to Acute Stress: Replication and Extension of Previous Report,” Biological Psychiatry 52, no. 2 (2002): 136–142; Feder et al., “Psychobiology and Molecular Genetics of Resilience”;Z. Zhou et al., “Genetic Variation in Human NPY Expression Affects Stress Response and Emotion,” Nature 452, no. 7190 (2008): 997–1001; T. J. Sajdyk, A. Shekhar, and R. Gehlert, “Interactions between NPY and CRF in the Amygdala to Regulate Emotionality,” Neuropeptides 38 (2004): 225-234.

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1. 幾位優秀老師的教導，尤其是阿迪亞香提和羅尼・史密斯對本節的概念帶來特別的影響。在此深切感謝他們的教導。

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