

Dear ABVE Members:

I'm sending the original research, the spider study and a popular article about putting feelings into words. A little something for the person who wants to give it a quick read and the person who wants to read the entire study.

It's exciting research for those of us in mental health because it brings together long held beliefs about the benefits of therapy and neuroscience.

Just let me know if you need anything else. Thank You.

Lisa Holland, PhD

### **Early research about putting feelings into words:**

Lieberman, M., Eisenberger, N., Crockett, M., Sabrina, T., Pfeifer, J., & Baldwin M. (2007). Putting feelings into words: Affect labeling disrupts amygdala activity in response to active stimuli. *Psychological Science*. 18, 421-428.

[http://www.scn.ucla.edu/pdf/AL\(2007\).pdf](http://www.scn.ucla.edu/pdf/AL(2007).pdf)

### **Spider Study - "Research Report" Published on Online First:**

Kircanski, K., Lieberman, M., & Craske, M. (2012). Feelings into words: Contributions of language to exposure therapy. SAGE.

[http://www.scn.ucla.edu/pdf/Kircanski\(inpress\)PsychSci.pdf](http://www.scn.ucla.edu/pdf/Kircanski(inpress)PsychSci.pdf)

### **A December, 2102 New York Times article written by Matthew Lieberman:**

<http://www.nytimes.com/roomfordebate/2012/11/25/will-diaries-be-published-in-2050/diaries-a-healthy-choice>