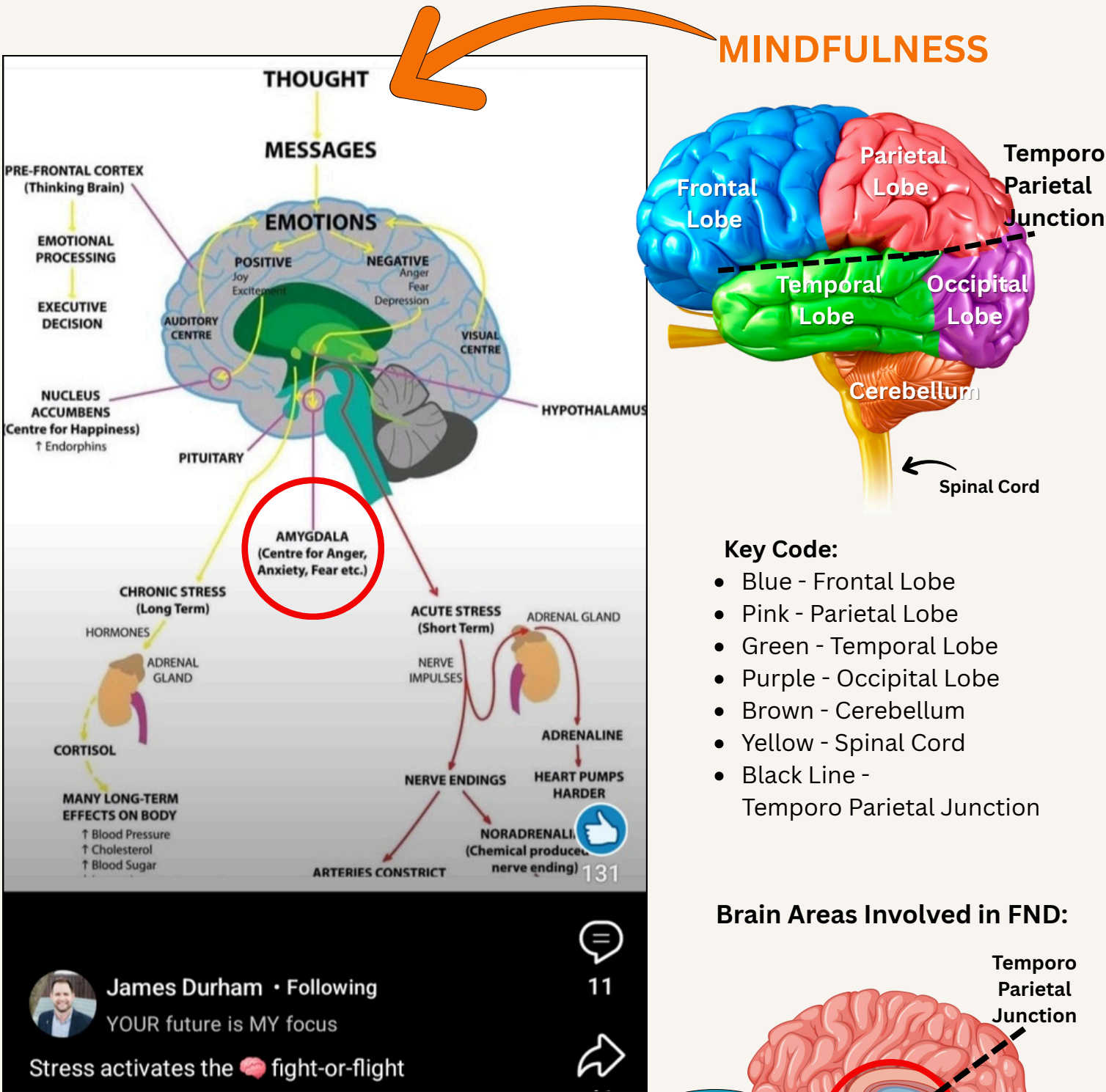


Brain Areas Involved in FND



As **James Durham** shared in his LinkedIn post, he highlighted the inner brain center responsible for fight-or-flight responses and the continuous loop of stress affecting all our bodily systems. He also touched on the principle of mindfulness – how thoughts influence emotions, which in turn shape our actions and behaviours. Together, this creates a synergy that helps regulate the nervous system.

The same inner brain centers and networks are also believed to be involved in **Functional Neurological Disorder (FND)**. These networks are not visible to the naked eye, which adds to the complexity of FND. However, through functional MRI (fMRI) brain scans, we now know that disruptions occur across several key areas, including the amygdala, insular cortex, and temporo-parietal junction. Alterations in both white and grey matter volumes have also been reported. As a result, FND is now recognised as a **brain-network disorder**.

Research shows that the affected brain networks are responsible for multiple functions, including motor control, pain processing, emotional regulation, and the sense of self-agency. FND lies at the intersection of neurology and psychiatry and is best understood through the **framework of the Biopsychosocial Model** (biological + psychological + social).

References:

1. James Durham LinkedIn post: TBIOneLove
2. FND Action (UK): A summary of Functional Neurological Disorder as part of their “*Inform the Doctor*” Campaign
3. Chat GPT AI Technology
4. Google Search
5. Mayo Clinic: “*How your brain works*” Article