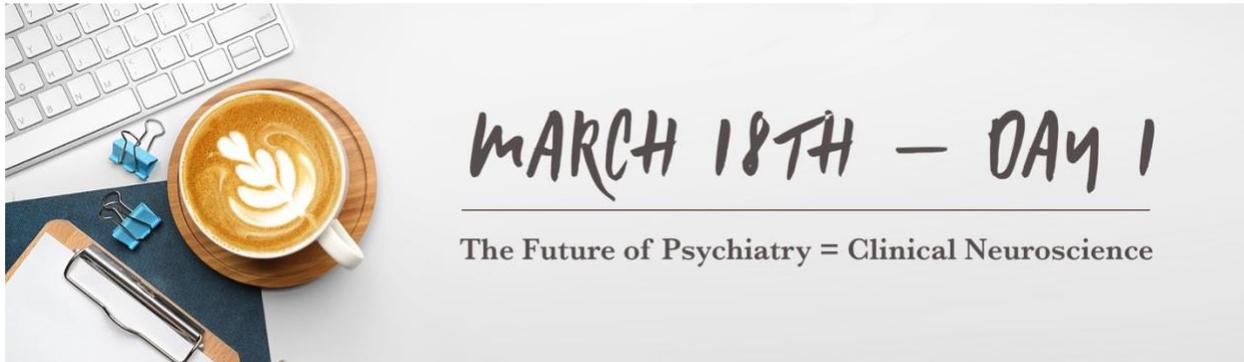


NNCI QUARANTINE CURRICULUM



Welcome to the NNCI Quarantine Curriculum!

Before you get any further, if you haven't done so already, please go to: NNCIconline.org and create an account – everything is free, we just need to be able to track usage.

With that out of the way... Day 1 is all about Psychiatry and the Brain!

To start, we have a handful of brief, self-study resources that help frame the debate on the nature of psychiatric illness and highlight the importance of integrating a modern neuroscience perspective.

To set the stage for the rest of the curriculum, we then have a mini “Brain Camp.”

This is a collection of active learning exercises that will help you master functional neuroanatomy. All of these can be completed on your own. We'll also have NNCI faculty running them on-line during the day if you have any questions.

Self-study Resources

- [The Future of Psychiatry = Clinical Neuroscience](#). This is a brief blog post written in 2012 by then Director of the NIMH, Tom Insel.)
- [The Future of Psychiatry as Clinical Neuroscience: Why Not Now?](#) This is a JAMA Viewpoint written in 2014 that captured the founding mission of the National Neuroscience Curriculum Initiative.
- Ten to the Fifteenth, The Official Podcast of the National Neuroscience Curriculum Initiative: [Episode 1: What's in a name?](#) This is a 23 minute episode that offers our spin on the current state of the field.

Brain Camp!

Our brain takes in information about our environment and generates our experience of the world. There is no mind brain duality—only the brain. Grab some markers and Play-Doh and explore the foundational structure of the brain as a first step to understanding facets of biological psychiatry.

Complete on your own:

- [Functional Neuroanatomy Through a Clinical Case](#)
- [3-D Brain exercise](#)
- [RDoC, the Card Game](#)

Complete on your own or with NNCI Faculty: (all sessions are Wed, EDT)

- [Play-Doh Brain](#), [Play-Doh Temporal Lobe](#), and Play-Doh Receptors (noon)
- [Find it, Draw it, Know it: Fear Circuitry](#) (2 PM)
- [Dopamine Pathways](#) (3 PM)

** Recommended Play-Doh set (if don't already own): [buy from Amazon here](#). You can also get Play-Doh from many different stores (try the toy aisle of a pharmacy).

Can't get out and need to make your own version of Play-Doh? In a bowl, mix 1 cup of cold water, 1 cup of salt, and 2 teaspoons of vegetable oil. Gradually add 3 cups of flour and 2 tablespoons of cornstarch until the mixture is the consistency of bread dough. Use either tempera paint or food coloring to add color. Store tightly sealed.

The activity uses 4 colors of Play-Doh.

Fun extra readings if the above is not enough:

- [The Convergence of Neurology and Psychiatry: The Importance of Cross-Disciplinary Education](#). A cool Viewpoint published last week in *JAMA*, building on the themes from above)
- [“Not Dead Yet!” – Confronting the Legacy of Dualism in Modern Psychiatry](#). Our most recent Clinical Commentary from *Biological Psychiatry* that highlights the historical roots and challenges of dualism.

Zoom Link

Please use the following link on Wednesday, March 18th, starting at 12pm EDT to work with the NNCI Faculty: <https://zoom.us/j/787252047>

Formative Assessment Questions

At the end of Day 1, you should be able to answer the following:

- Why is the DSM designed the way it is? What are its strengths and limitations?
- What is the RDoC? Why is it cool?

- Be able to identify major brain regions and describe their core function and relevance to psychiatric illness.
- Draw the core circuit responsible for mobilizing a fear response.
- Name the 4 main dopamine pathways, the action of dopamine in those pathways, and the consequences of receptor antagonism.