



Sample Interview Questions – Kirsch

What's the best method for reducing stress?

How does exercise, reduce stress?

How does meditation reduce stress?

How does Yoga reduce Stress?

If I think I have a stress-related concern, should I see a doctor or a psychologist or a psychiatrist?

How much of our stress is the result of our thinking?

What do you do to reduce stress?

What about biofeedback?

Are there any devices that help people reduce stress?

Are there any supplements or foods that reduce stress?

Let's talk about Post traumatic Stress Disorder or PTSD. What is it?

What are some of the signs and symptoms of PTSD?

Who gets it?

What can soldiers do to keep from getting it?

Not everyone exposed to trauma comes down with PTSD, why?

Do you think it's possible that people who get PTSD are predisposed to it by past traumas or neglect or child abuse or even just a genetic predisposal to stress?

What's the difference in symptoms between someone who witnesses trauma and someone who experiences it?

What are the best treatments for PTSD?

Is the military doing all it should for our soldiers returning from Iraq, Afghanistan and other areas of heavy fighting?

Why are people with PTSD more likely to be angry?

Let's talk about the brain. What is the master gland when it comes to triggering the stress response?

What is the HPA axis?

Describe the role of stress hormones in the stress response.

Somehow a hormonal response seems to slow to help us react to stress so quickly what else is involved?

What is the amygdala?

How did we go from the hypothalamus being the thing in the brain that triggers the stress response to it now being the amygdala?

Dan Goleman talks about an Amygdala highjacking, where the amygdala just takes over our nervous system and we are powerless to stop it. Do you agree with that assessment?

There's a lot of research now that shows the brains of meditators actually changing over time?

Define neuroplasticity.

What does it have to do with managing stress?

UCLA psychiatrist Dan Siegel says it's the prefrontal cortex that controls our reaction to stress and we can enhance the powers of the PFC through meditation practice, do you agree?

Can we literally rewire our brains so they're not so sensitive to stress?

Is this what Tibetan monks do who spend thousands of hours meditating?

Why is the fight or flight response often referred to as the fight, flight or freeze response now?

As I see it, almost all stress is described by experts as some aspect of the fight or flight response. Do you agree with this characterization?

I've noticed very subtle aspects of stress that don't really feel like examples of fight or flight like when for example, I'm reading in bed, feeling very sleepy and tired, and just the act of taking my glasses off, putting the book down and turning off the light, may be enough to wake me up. In other words I can feel my arousal levels rising just slightly, but to say this is an example of fight or flight seems ludicrous. What do you think?

If it's not fight or flight then is there a stress response that's much more subtle that's changing our arousal levels all the time?

Saplosky makes the point over and over again that it's psychological stress that gets us in trouble. When we react to our bosses angry criticisms the same way we'd react to an attacking lion. As if there were no purpose to psychological stress. But is it possible that it does have a purpose?

Is it possible that prolonged levels of stress, as happens with chronic stress, does that have a purpose?

Who do you think has made the most important contributions to our understanding of how stress works?

Besides, you who do you think are leading authorities on the subject of stress

Selye defined stress as the nonspecific response of the body to any demands placed on it. What does that term non-specific mean?

What's your take on ulcers? How did we go from having them be completely caused by stress to having them not being caused by stress at all?

What do you think is the biggest myth about stress?

There are tons of studies around locus of control. Do you think stress all boils down to how much control we believe we have in a situation?

What alternate therapies could you recommend to us for reducing stress?