



Families Against Narcotics  
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# The Fear We Are Addicted To: Understanding and managing anxieties of the modern life



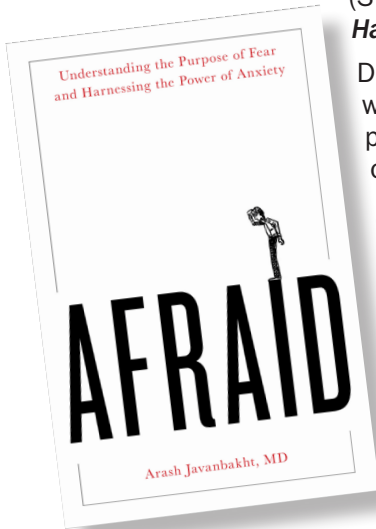
Monday, October 9 | 7 p.m. EST | HYBRID FORUM: In Person or Virtual (Zoom/Facebook Live)  
2|42 Community Church | 648 S. Wagner Road, Ann Arbor, MI 48103

Fear is one of the most deeply rooted biological mechanisms to evolve over hundreds of millions of years in the brains and bodies of animals and humans, with one key mission: to increase our chance of survival. But, in our modern-day life, anxiety has become a disease that more often disturbs our ability to function, rather than helps us survive.

What's more, anxiety is one of the most common co-occurring disorders in those with substance use disorder (SUD). And, while fear is profoundly woven into our biology, cultures, politics and daily lives, we sometimes don't even know what we are afraid of. What we do know is that we are afraid too often.

*Why are we so scared? How does fear work in our brains? Why does our body react the way it does when we are anxious? How do we learn to be afraid, and how can we unlearn? Can we use fear to our advantage? What is the long-term impact of trauma? How does anxiety feed into addiction, and how does addiction worsen anxiety?*

The answers to these questions and more will be revealed at our October Family Forum, featuring psychiatrist and neuroscientist **Arash Javanbakht, M.D.**, founder and director of the Stress, Trauma and Anxiety Research Clinic (STARC) at Wayne Health and author of **AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety**.



Dr. Javanbakht will discuss ways we can protect ourselves against too much anxiety in our world, whether from inside ourselves, or via too much exposure to the media. Join us in person and enjoy **free pizza, coffee and refreshments**, or watch the forum online via Zoom or Facebook Live.

### OUR GIFT TO YOU

**Register and participate to earn a FREE copy of AFRAID.**

The first 100 people to register for and participate in the October Family Forum in its entirety (either in person or online via Zoom) will receive a FREE copy of **AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety\*** by Dr. Javanbakht, courtesy of Washtenaw FAN. Following the forum, books will be available only to those who pre-register for this special offer at the time of forum registration and who participate in the entire event. *Books may be picked up at the WFAN November Family Forum.* If unable to attend, please email [chelsea@familiesagainstnarcotics.org](mailto:chelsea@familiesagainstnarcotics.org) to make arrangements to receive your book.

\* ISBN 9781538170380

<https://bit.ly/WFanForumOct23>



### Meet Dr. Javanbakht

**Arash Javanbakht, M.D.**, is internationally renowned for his clinical and research work on anxiety, trauma and PTSD. During his more than two decades of clinical and research experience, he has treated thousands of patients and has published nearly 100 scientific articles.

In his clinic, Dr. Javanbakht works with patients with all sorts of anxieties, as well as survivors of torture and human trafficking, refugees and first responders. His research is focused on how trauma and stress change our bodies, brains and genes. He is also inventor of a cutting-edge treatment method using highly innovative augmented reality technologies and telemedicine. His research is funded by prestigious institutions such as the National Institute of Health.

Dr. Javanbakht is also a renowned public scholar and has been repeatedly featured among media outlets and organizations, including NPR, CNN, PBS, *Scientific American*, *The Washington Post*, *Smithsonian Magazine*, *Science*, *The Lancet*, American Psychiatric Association Press Briefing, Anxiety and Depression Association of America, American Academy of Child and Adolescent Psychiatry, and more.

