Neural Representation of Associative Threat Learning in Pulvinar Divisions, Lateral Geniculate Nucleus, and Mediodorsal Thalamus in Humans

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Abstract

Understanding the neural mechanisms underlying associative threat learning is essential for advancing behavioral models of threat and adaptation. We investigated distinct activation patterns across thalamic pulvinar divisions, lateral geniculate nucleus (LGN), and mediodorsal thalamus (MD) during the acquisition of associative threat learning in the MRI. We revealed parallel thalamic learning systems within the anterior pulvinar and MD, supporting distinct mechanisms of automatic survival vs. more deliberate learning. Additionally, our findings support a novel hierarchical pulvinar model during fear conditioning: the medial pulvinar mediates basic threat information from the inferior and lateral divisions to the anterior pulvinar for integrative learning. Pulvinar divisions and MD support extinction learning. These regions also process salience and modulate safe/threat memory expression during extinction recall and threat renewal. The LGN sustains feedforward processing of anticipated visual input throughout all threat phases. This study extends dominant brain models of threat learning and memory, reframing our understanding of distinct thalamic roles in these psychological processes.

Keywords: Thalamus; Pulvinar; Lateral geniculate nucleus; Mediodorsal thalamus; Threat learning; Conditioning; Extinction; Recall extinction; Threat renewal; Emotional memory.

Introduction

Over a century ago, Ivan Pavlov provided foundational behavioral evidence for associative learning, demonstrating that pairing a neutral stimulus with an unconditioned stimulus could elicit a conditioned response(Pavlov, 1904). This discovery laid the groundwork for modern learning theories and has been particularly influential in understanding how humans learn to associate neutral stimuli with threats, a process known as associative threat learning. This survival-oriented learning plays a key role in shaping a broad range of behavioral and emotional responses, such as avoidance, decision-making under threats, and fear regulation(Badarnee et al., 2025; Kolling et al., 2014; Korn and Bach, 2019, 2018; Milad et al., 2013). Research on the neural mechanisms underlying associative threat learning has primarily focused on brain regions involved in emotional regulation, such as the amygdala, hippocampus, and prefrontal cortex (PFC)(Fullana et al., 2015; Krasne et al., 2021; Milad and Quirk, 2012; Vuilleumier et al., 2003). More recently, the thalamus has received growing attention in threat learning(Lithari et al., 2015; Penzo et al., 2015; Ramanathan et al., 2018; Ramanathan and Maren, 2019; Ratigan et al., 2023; Totty et al., 2023), since its role has been reconsidered beyond the traditional view of a mere relay station. Yet, the distinct contribution of this complex structure to associative threat learning remains poorly understood.

The thalamus is a hub structure in the mammalian brain that plays multiple critical roles, ranging from basic sensory processing to higher-order functions and threat learning(Halassa and Sherman, 2019; Hummos et al., 2022; Hwang et al., 2017;

Saalmann and Kastner, 2011; Sherman, 2016, 2007). It has long been proposed that

threat detection is mediated by the pulvinar and the lateral geniculate nucleus (LGN)(Carr,

2015; Pessoa and Adolphs, 2010; Silverstein and Ingvar, 2015), two major nuclei of the

visual thalamus(Arcaro et al., 2015; Casanova and Chalupa, 2023; Takakuwa et al.,

2021). The pulvinar projects directly to the amygdala and is believed to subconsciously

facilitate rapid survival reactions to threats via a subcortical path ('low road')(Carr, 2015;

Pessoa and Adolphs, 2010; Rafal et al., 2015; Wei et al., 2015). The LGN, on the other

hand, is part of a slower but more accurate neural pathway, connecting peripheral

information to cortical regions for comprehensive processing ('high road'). Additionally,

the involvement of the mediodorsal thalamus (MD) in threat learning has also been

proposed(Lee and Shin, 2016; Lee et al., 2011). Although this nucleus is not typically

classified as part of the visual thalamus, it serves as a high-order region reciprocally

connected to the amygdala and PFC while playing a critical role in executive

functions(Hwang et al., 2020; Li et al., 2022; Mukherjee et al., 2021; Wolff and Halassa,

2024).

The general implication of these nuclei in threat processing has been demonstrated in

primates and rodent models. It has been shown that exposing primates to snake images

elicited increased neuronal firing within the pulvinar(Le et al., 2013). Excitation of neurons

within the LGN enhanced the acquisition of eyeblink conditioning in rodents(Halverson

and Freeman, 2010). Inhibiting this nucleus was associated with impaired conditioned

responses(Shi and Davis, 2001; Steinmetz et al., 2013), and activating GABA neurons in

the LGN reduced freezing response to an overhead dark shadow that mimics a real-world

predator in rats(Salay and Huberman, 2021). Reduced freezing was also observed after

MD lesions(Li et al., 2004) and when the connections with the anterior cingulate cortex

were ablated(Zheng et al., 2020). Lesions within the MD are also associated with impaired

fear extinction(Lee et al., 2011), and injecting gabazine, a modulator of extra-synaptic

GABA receptors, into the MD facilitated extinction(Paydar et al., 2014).

Evidence regarding the involvement of the thalamus in the context of threat learning in

humans is relatively sparse. Much of our knowledge comes from studies focusing on

attention, perception, and decision-making. For example, the LGN has been mainly

viewed as a transmitter of peripheral information to other brain regions and found to be

associated with selective attention and anticipation of visual stimuli(Mahoney and

Schmidt, 2024; O'Connor et al., 2002; Saalmann and Kastner, 2009). The MD contribution

to perception, spatial attention, and decision-making has also been reported(Griffiths et

al., 2022; Wurtz et al., 2011). Beyond cognitive research, some human studies have

specifically investigated the pulvinar's engagement in threat detection. Individuals with

increased fiber density in the pulvinar-amygdala pathway showed an enhanced ability to

recognize fearful faces(McFadyen et al., 2019). A patient with a complete lesion in the left

pulvinar showed slower responses to threatening images when stimuli were presented

on the ipsilesional, but not contralesional, field(Ward et al., 2005). In agreement with this,

unseen stimuli (fearful vs. happy faces) presented on the blind side of patients with

hemianopia moderated their performance when the pulvinar was spared but not when it

was lesioned(Bertini et al., 2018).

Specific thalamic contribution to threat processing is still largely unknown, and

translational research on this topic is limited. We aim to address these critical gaps in our

understanding by investigating the distinct neural representations of associative threat

learning in the human pulvinar divisions, LGN, and MD. We analyzed the neuroimaging

data of 293-412 controls. All participants underwent a two-day threat learning

paradigm(Milad et al., 2009, 2007; Wen et al., 2024, 2022) while in the fMRI scanner. The

conditioned stimulus (CS+) (e.g., red light) was associated with an electric shock

(unconditioned stimulus US, 62.5% reinforcement rate), while a control light (e.g., blue)

was never paired with the US (CS-). This conditioning phase occurred in a computer-

displayed visual context A (e.g., an office). The extinction learning included presenting

the CS+ and CS- with no US reinforcement in a distinct context B (e.g., bookcase). In

extinction recall and threat renewal, the extinguished stimuli were presented with no US

reinforcement within contexts B (safe contextual cues) and A (threat contextual cues),

respectively. Schematic illustrations of each phase of the paradigm are presented in **Figs.**

1a, 4a-6a.

We focus on neural activation patterns within pulvinar divisions, LGN, and MD while

acquiring the CS-US association. As associative learning is a rapid psychological

process(Konrad et al., 2024), we analyzed the first four trials of all threat learning phases.

We compared brain activation (BOLD) to the CS+ vs. CS- at the block level by averaging

the activation across all four trials and at a trial-by-trial level to provide finer activation

temporal resolution. This dual approach allows us to capture the general neural

responses associated with associative threat learning and provides new insights into trial-

level dynamics(Wen et al., 2022). The current dominant neurocognitive thalamic

models(Sherman, 2007; Sherman and Guillery, 2006) highlight the thalamus's role in

mediating cortical-cortical communications and facilitating high-order functions. Based on

this view, we anticipate distinct pulvinar, MD, and LGN roles. The LGN, as a first-order

nucleus, is expected to serve relay functions, transmitting information with minimal

integrations. The pulvinar and MD, on the other hand, as higher-order nuclei, are likely

involved in more complex processing, potentially integrating threat-related information.

Results

Parallel functional representation of associative threat learning in the anterior

pulvinar and MD during conditioning

The anterior pulvinar and MD contribute to early associative threat learning, as evidenced

by increased functional activation in response to CS+ compared to CS- at the block level

(**Fig.** 1b-c). The trial-wise analysis revealed a distinct activation pattern. In the first trial,

we observed similar activation levels for both CS+ and CS- (no significant difference), but

in the subsequent trial, the BOLD signal in both regions was heightened specifically for

CS+ (**Fig.** 1b-c, Extended Tables 1-2). In our paradigm, the electric shock was paired with

CS+ at the end of the CS presentation. The similarity in BOLD responses to CS+ and CS-

during the first trial likely reflects an initial equivalence in the emotional valence of the

stimuli. The gradual increase in activation for CS+ by the second trial suggests a shift in

the emotional valence, indicating rapid associative learning.

The similarity in trial-level activation patterns in the anterior pulvinar and MD raises the

question of whether this apparent similarity truly reflects a parallel functional contribution

to associative threat learning. To test this possibility, we first quantified the trial-wise

relationships using Pearson correlation coefficients between the two regions. The

observed correlations support consistent co-activation across all corresponding trials (r

values $\geq$ 0.66, p < 0.001, **Fig.** 2a, left). However, this approach could not exclude the

possibility that the shared variance is a consequence of shared anatomical proximity,

particularly because both regions are part of the same brain structure, i.e., the thalamus.

To control for this confound, we conducted a hierarchical regression model in four steps

for each trial. We modeled MD activation as the target and progressively added the

pulvinar divisions as covariates. Despite small variations in regression weights (beta

values) across control models, the anterior pulvinar consistently exhibited the highest

beta estimates (**Fig.** 2a, middle). Importantly, these values remain consistent across

10,000 bootstrapping iterations with replacements, suggesting that the anterior pulvinar

effect is robust and stable across resampled datasets (**Fig.** 2a, right). Additionally, the

anterior pulvinar explained the largest proportion of variance in MD activation (r^2 = 43-

60.7%) relative to other pulvinar divisions, which negligibly contributed to this parameter

(pie charts, **Fig.** 2a). Finally, applying the same analytical approach while controlling for

the LGN activation as an alternative anatomical control beyond the pulvinar itself, yielded

similar results (**Fig.** 2b). Together, these analyses support preferential trial-wise functional

co-activations between the anterior pulvinar and MD, independent of shared anatomical

proximity.

Although co-activation does not necessarily imply similar activation magnitude, we further

tested the differences in activation levels in the anterior pulvinar and MD. We used a t-

test to capture the differences in the overall activation at the block level and repeated

measures analysis of variance (RM-ANOVA) to capture the activation differences at the

trial level. The results showed that the overall MD activation in response to CS+ was

higher than the anterior pulvinar response (p-value < 0.001, **Fig.** 2c). The trial-wise

analysis revealed heightened activation in the MD compared to the anterior pulvinar,

particularly during trials 3 and 4 (p_{FDR}-values < 0.05, **Fig.** 2c). The increased activation

within the MD potentially reflects its role in deeper processing of threat relatively to the

anterior pulvinar.

A data-driven approach reveals hierarchical functional processing of threat in

pulvinar divisions

The anatomical and functional interconnections between pulvinar divisions remain

insufficiently characterized. To address this gap and understand the pulvinar's role in

early associative threat learning, we integrated findings from complementary analyses

into a novel model designed to investigate the functional relationships between pulvinar

divisions.

We first defined the activation within each pulvinar division as the differences in BOLD

signal at the block level in response to CS+ compared to CS-. We then performed RM-

ANOVA to test whether the pulvinar divisions were engaged with different activation

levels. We found no activation differences, suggesting similar processing levels of CS+

information across all pulvinar divisions (**Fig.** 3a). Using network analysis, we explored

the underlying functional dynamics between the divisions. We employed the EBICglasso

method(Foygel and Drton, 2010) to estimate a sparse Gaussian graphical model. To

assess the stability of the network and provide robust estimates of edges and centrality

measures, we conducted 10,000 bootstrap resamples. This approach allowed us to

compute 95% confidence intervals, ensuring the reliability of our findings. The combined

use of EBICglasso and bootstrapping is essential for accurately capturing the dynamics

of pulvinar division interactions. The resulting network included four nodes and five edges.

The network plot pointed to stable direct edges connecting the lateral pulvinar to the

anterior pulvinar and indirect edges connecting both the lateral and inferior pulvinar to the

anterior through the medial pulvinar (**Fig.** 3b). Additionally, the medial pulvinar exhibited

the highest centrality values, a measure that captures the node importance within a

network, indicating a potential hub role of this division in associative threat learning (**Fig.**

3b).

These underlying dynamics and the activation timing in the trial-wise analyses (overview

in **Fig.** 3c and details in **Fig.** 1b) led us to propose a functional model of the relationships

between pulvinar divisions. Specifically, the increased activation induced by CS+ during

trial 1 in the medial, inferior, and lateral pulvinar suggests that these divisions process

CS+ information before the anterior pulvinar, which exhibited a delayed BOLD response

starting in trial 2. The medial pulvinar mediates connections within the pulvinar network

and is associated with elevated centrality values. Together, these findings highlight the

hub role of the medial pulvinar, integrating CS+ information at a higher level, compared

to sensory-driven processing in the inferior and lateral pulvinar. This possible hierarchical

organization is supported by previous evidence showing that the inferior and lateral

pulvinar are associated with processing basic sensory information(Berman and Wurtz,

2010, 2008; Cortes et al., 2024), while the medial pulvinar is implicated in higher-order

processing, including attention and working memory(Homman-Ludiye and Bourne, 2019)

(**Fig.** 3d).

This data-driven approach provides a new perspective on the pulvinar divisions' functional

specialization during associative threat learning. We hypothesize that, during this

process, the activation in the medial pulvinar mediates the functional relationships

between the inferior and lateral divisions with the anterior pulvinar (**Fig.** 3e). To test this,

we conducted a mediation model analysis and evaluated the model robustness using the

k-fold cross-validation method. The sample (N = 293) was randomly divided into three

groups of 91, 96, and 106 subjects. Each sub-sample was used to test the model while

the remaining groups served as a training phase. This resulted in six iterations of the

mediation model. The 95% Confidence Intervals for each path coefficient were estimated

using 10,000 bootstrapping replications. This choice was made to achieve greater

precision and stability in the confidence interval estimates. Finally, applying the mediation

analysis to another independent cohort (N = 114) confirmed the model's applicability. The

results in **Figs.** 3f-3g support the mediating role of the medial pulvinar, demonstrating

significant indirect paths from the lateral and inferior divisions to the anterior pulvinar.

Detailed parameters are presented in Extended Table 3.

Pulvinar divisions and MD support extinction learning while preserving threat memory across contextual cues

After our comprehensive examination of the thalamic contribution to threat conditioning,

we moved forward to examine the neural contributions of the same regions to extinction

learning. During this phase, we found higher activation in response to CS+ than CS-

across all pulvinar divisions and MD at the block level. The trial-wise analysis

demonstrated that these differences are mainly driven by the first two trials (**Figs.** 4b and

4c). Together, the pulvinar divisions and MD showed a similar activation pattern where

the BOLD signal induced by the CS+ is significantly diminished after trial 2, highlighting

these nuclei's engagement in rapid extinction learning. Detailed parameters are

presented in Extended Tables 4-5.

During extinction recall, the anterior pulvinar and MD exhibited similar functional patterns

at both block and trial levels, with increased activation to CS+ compared to CS- during

the first two trials. In contrast, the medial and inferior pulvinar maintained the BOLD signal

to CS+ in the second trial while showing reduced responses to CS-. We observed no

activation differences in the lateral pulvinar (**Fig.** 5b-c, Extended Tables 6-7). This finding

highlights the involvement of most pulvinar divisions and MD in sustaining threat memory

under safe contextual cues and suggests retrieval suppression of the extinguished threat.

Changing the contextual cues to a threat background where the original associative

learning occurred elicited increased activation in response to CS+ in the anterior, inferior,

and lateral pulvinar divisions along with the MD (**Fig.** 6b-c, Extended Tables 8-9). These

regions are, therefore, involved in the reactivation of threat memory, a hallmark process

in the threat renewal phase.

Consistent LGN activation patterns across all threat learning phases align with principles of feedforward processing.

At the block level, we observed elevated activation in response to CS+ compared to CS- across conditioning, extinction, recall, and renewal. These differences were driven by the first trial, during which an increased BOLD signal in response to CS+ was followed by a decline in subsequent trials (**Figs.** 1d, 4d-6d, Extended Tables 2, 5, 7, and 9). These findings suggest that the LGN plays a consistent role across different phases of threat learning, potentially reflecting early attentional processing or anticipation of upcoming visual stimuli.

Thalamic connectivity underlies threat learning and memory

We tested the relationships between each thalamic nucleus and core brain regions within the 'fear circuit'(Herry et al., 2010; Maren and Quirk, 2004; Milad et al., 2014; Milad and Quirk, 2012; Tovote et al., 2015) by seeding the nuclei to target the amygdala, hippocampus, ventromedial prefrontal cortex (vmPFC), subgenual anterior cingulate cortex (sgACC), and dorsal anterior cingulate cortex (dACC). During conditioning, the anterior pulvinar exhibited positive connectivity with the amygdala, vmPFC, and hippocampus (all p_{FDR} < 0.05 and all 95% bias-corrected and accelerated (BCa) confidence intervals (CI) of the mean differences from 10,000 bootstrap resamples excluded zero; Cohen's ds = 0.14, 0.14, and 0.15, with corresponding 95% parametric CIs also excluding zero) (**Fig.** 1e). The connectivity with the amygdala likely supports encoding the emotional valence of the newly learned CS-US associations, while the

engagement of the hippocampus suggests prioritizing the contextual CS+ information.

The connectivity with the vmPFC may underlie a process of top-down control release to

enhance fear expression or encode threat information for tracking and supporting

decision-making in future encounters.

During extinction learning, we found increased LGN-sgACC connectivity ($p_{FDR} < 0.05$ and

95% BCa CIs of the mean differences from 10,000 bootstrap resamples excluded zero;

Cohen's d = 0.15, 95% parametric CI [0.035, 0.256]), suggesting sgACC involvement in

emotional regulation (**Fig.** 4e). Interestingly, in recall and renewal, we found that the

learners, i.e., the anterior pulvinar and MD contribute to supporting either safe or

threatening memory, depending on contextual cues. Specifically, the MD-dACC

connectivity supported safe memory in recall ($p_{FDR} < 0.05$ and 95% BCa CI of the mean

differences from 10,000 bootstrap resamples excluded zero; Cohen's d = 0.13, 95%

parametric CI [0.031, 0.225]; **Fig.** 5e), whereas anterior pulvinar-vmPFC supported

threatening memory in renewal ($p_{FDR} < 0.01$ and 95% BCa CI of the mean differences

from 10,000 bootstrap resamples excluded zero; Cohen's d = 0.20, 95% parametric CI

[0.084, 0.306]; **Fig.** 6e).

Discussion

Discussion

We examined the neural representation of associative threat learning within the pulvinar

divisions, LGN, and MD, providing new insights into thalamic involvement in this adaptive

behavior in humans. We identified distinct roles among these thalamic nuclei with respect

to their activation profiles during threat learning and memory. The anterior pulvinar and

MD exhibited parallel activation patterns consistent with associative learning, reflecting

their roles in automatic survival responses and deliberate threat processing. We propose

a novel hierarchical model for processing threat information in the pulvinar divisions. The

medial pulvinar mediates basic sensory information from the inferior and lateral divisions

to the anterior pulvinar for higher-order integrative learning. Both pulvinar and MD were

involved in extinction and showed activation consistent with the salience processing of

threat-related memories during extinction recall and threat renewal. The LGN primarily

represented feedforward processing, anticipating upcoming visual stimuli throughout all

phases of threat learning. We integrated these insights into schematic models underlying

the emotional and behavioral expression of threat learning and memory, providing a

neural framework for studying related human behaviors (**Fig.** 7a-b).

The anterior pulvinar and MD co-activation patterns demonstrate a parallel contribution

to threat learning. The similar activation in response to CS+ and CS- at the first trial,

followed by a heightened activation specific to CS+ in the next trial, is consistent with the

acquisition of the CS-US association. The responses' similarity to both types of CS during

the first trial suggests an equivalent initial emotional valence. The gradual increase in the

activation, specifically to CS+ by the end of trial 1, suggests a shift in the emotional

valence of CS+, indicating rapid associative learning. This parallel specialized role

highlights the anterior pulvinar and MD as central thalamic hubs for integrating CS-US

information, specifying the two-system model proposed by LeDoux and Pine(LeDoux and

Pine, 2016). Briefly, fear processing, according to this model, involves two distinct

pathways: a subcortical route for rapid threat detection and species-specific defense

reactions and a cortical route for deliberate threat evaluation and conscious fear

experience. Learning within the anterior pulvinar appears to support rapid automatic

processes of the subcortical pathway. This aligns with previous reports that demonstrated

the role of the pulvinar-amygdala pathway in encoding negative emotions in

humans(Bridge et al., 2015; Koller et al., 2019; Kragel et al., 2021; McFadyen et al., 2019;

Rafal et al., 2015). Indeed, the increased connectivity that we observed with the

amygdala, hippocampus, and vmPFC during threat conditioning aligns with this role.

Specifically, in this context, the amygdala likely contributes to tagging a negative

emotional valence to CS+ and triggering fight, flight, or freeze reactions(Adolphs et al.,

1994; Costa et al., 2022; Fanselow and LeDoux, 1999; Phelps and LeDoux, 2005; Wen

et al., 2024, 2022). The connectivity with the hippocampus likely facilitates contextual

encoding of the environmental characteristics of the aversive event(Maren, 2001; Maren

et al., 2013). In turn, the connectivity with vmPFC appears to support salience encoding

for tracking future encounters with the learned threat(Battaglia et al., 2020) and facilitating

decision-making and emotion regulation(Milad and Quirk, 2012, 2002; Nejati et al., 2021).

On the other hand, MD activation aligns more closely with the cortical pathway, facilitating

conscious and deliberate threat encoding. This is supported by our findings, which

showed increased MD activation in response to CS+, compared to the anterior pulvinar

during threat learning, indicating a broader or deeper processing of the CS-US

association. Additionally, this interpretation is supported by substantial evidence pointing

to well-established anatomical pathways connecting the MD with the PFC and

demonstrating its role in decision-making and learning(Behrens et al., 2003; Hwang et

al., 2020; Li et al., 2022; Wolff and Halassa, 2024). This is along with reports that

underscored the contribution of the MD-cortical loops to supporting a conscious

experience in humans(Griffiths et al., 2022; Whyte et al., 2024). Together, these findings

advance our understanding of the two-system model of threat processing, highlighting the

anterior pulvinar and MD role in the acquisition of the CS-US association and suggesting

that these regions underlie a parallel conscious vs. unconscious learning proposed by

LeDoux and colleagues(LeDoux and Pine, 2016), **Fig.** 7a.

Our findings demonstrate that different pulvinar divisions hierarchically contribute to the

integration of CS-US association in the anterior pulvinar through bottom-up processing.

Although the anatomical projections within pulvinar divisions are not well characterized,

our functional data-driven approach revealed a critical role for the medial pulvinar as a

hub region facilitating communication among pulvinar divisions. Specifically, our trial-wise

analysis showed that the medial, inferior, and lateral pulvinar process threat-related

information earlier than the anterior pulvinar. The anterior pulvinar exhibited activation in

response to CS+ starting at trial 2, whereas activation in the other pulvinar divisions

occurred as early as trial 1. Network modeling further identified the medial pulvinar as a

central hub, facilitating communication with other divisions. Using a robust mediation

model, we demonstrated that the medial pulvinar appears to mediate the relay of sensory

CS+ information from the inferior and lateral pulvinar to the anterior division for higher-

order integrative learning. This hierarchical model aligns with previous evidence

suggesting that the inferior and lateral pulvinar are associated with processing basic

sensory information(Berman and Wurtz, 2010, 2008; Bridge et al., 2015; Cortes et al.,

2024). While the medial pulvinar, which receives projections from deep layers of the

superior colliculus, supports more advanced functions such as attention and working

memory(Bridge et al., 2015; Homman-Ludiye and Bourne, 2019). These findings provide

novel insights into the functional specialization of pulvinar divisions during threat learning,

suggesting feedforward functions in the inferior and lateral pulvinar and high-order

integration in the anterior pulvinar.

The pulvinar divisions and MD are actively engaged in extinction learning, as indicated

by increased activation in response to CS+ during the first two trials, followed by a

diminished response. This decline in activation likely reflects a shift in the emotional

valence of the CS+ to match that of the CS-, suggesting a rapid extinction process in the

human thalamus. Despite the involvement in extinction, these nuclei remained sensitive

to the extinguished threat during safe contextual cues in extinction recall and exhibited

increased activation to the extinguished CS+ when the stimuli were presented within

threat contextual cues during renewal. This pattern suggests engagement in retrieval

suppression during recall, along with threat salience processing during both recall and

renewal. The MD and pulvinar continue to monitor and evaluate the extinguished threat

across contexts rather than relying on static safety memories. These nuclei appear to

engage in dynamic evaluation, learning, and decision-making during future encounters

with the extinguished CS+.

The classical Pavlovian model proposes that extinction learning forms a new safety

memory, competing with the original threat memory acquired during conditioning(Bouton,

2002; Milad and Quirk, 2002). Contextual changes often favor either the safe or threat

memory. Maren and colleagues(Maren et al., 2013; Maren and Quirk, 2004) described

the hippocampal-prefrontal-amygdala model for contextual memory. The hippocampus

projects to the basolateral amygdala, vmPFC, and dACC. Although the vmPFC supports

safe memory recall by projecting to the intercalated cells (which inhibit the central nucleus

of the amygdala), the dACC enhances threat memory renewal by projecting to the

basolateral amygdala (which activates the central nucleus of this structure). Our findings

suggest that the thalamic connectivity may influence the balance between recalling safe

vs. threat memory by modulating the competitive interaction between the dACC and

vmPFC. The increased MD-dACC connectivity during recall may reflect a thalamic-driven

reconfiguration of prefrontal circuits, enabling the vmPFC to become more functionally

dominant and promote safe memory expression. On the other hand, the anterior pulvinar-

vmPFC connectivity during renewal may destabilize the influence of the vmPFC, allowing

the dACC to regain dominance and facilitate threat memory retrieval. The thalamic

connectivity, thus, appears to orchestrate a context-dependent functional balance

between the dACC and vmPFC. This balance may serve as a neural "toggle switch"

between safe vs. threat memory expression. We integrated this suggested flexible

responding mechanism to changing environmental contexts in Maren's circuit model of

emotional memory, **Fig.** 7b.

The LGN contribution is consistent across all phases of threat learning, as evidenced by

our trial-wise results, which pointed to increased activation in response to CS+ that

diminished immediately after the first trial. This distinct pattern indicates readiness for

imminent visual stimuli, regardless of the actual emotional valence, as conditioning,

extinction, recall, and renewal elicited similar BOLD patterns. This aligns with previous

studies that highlighted the LGN's engagement in selective attention and anticipation of

visual stimuli(Mahoney and Schmidt, 2024; O'Connor et al., 2002; Saalmann and

Kastner, 2009). The LGN, as a first-order nucleus(Cortes et al., 2024), primarily supports

a feedforward function, while the pulvinar, as part of the visual thalamus, is more closely

associated with a broader functional processing(Cortes et al., 2024) including emotional

valences of stimuli. This distinction underscores their joint but specialized contributions

to adaptive threat responses.

Although distinct thalamic roles in threat learning have been proposed, fMRI data do not

fully capture the complexity of this structure. Pulvinar divisions, MD, and LGN each

contain different neuron subtypes and finer anatomical subdivisions, which may serve

diverse functions. Future advancements, such as higher-resolution human brain atlases,

could improve our ability to study these nuclei with better anatomical precision.

Additionally, since different sensory modalities preferentially engage distinct thalamic

nuclei, the specific thalamic roles we described may not be consistent across different

experimental designs, particularly in studies using auditory threat learning. The pulvinar

divisions' relationships during conditioning are purely functional and might be supported

by direct or indirect anatomical projections. Finally, given the indirect nature of fMRI data

and the absence of direct brain signal manipulations, our findings should not be

interpreted as evidence of causality. Further research is needed to examine causal

mechanisms underlying dynamic neural representations of threat learning within the

thalamus.

This study's insights raise critical future questions at the intersection between

neuroscience, psychology, and mental health, particularly regarding the neural

mechanisms underlying associative threat learning. First, the crucial role of the anterior

pulvinar and MD during the acquisition of the CS-US association sets the stage for

developing more precise brain interventions, focusing on refining maladaptive fear

reactions. Future studies could explore the optimal parameters for applying non-invasive

techniques to inhibit these thalamic regions during or immediately after fear conditioning.

This approach is particularly promising for clinical populations and individuals exposed to

high-risk environments, such as emergency medical staff, firefighters, and paramedics.

Second, the distinct contributions of the MD-dACC and anterior pulvinar-vmPFC circuits

to safe vs. threatening memory suggest potential intervention targets for prioritizing one

memory over the other. Activating the MD-dACC may facilitate recalling safe memories

while engaging the anterior pulvinar-vmPFC circuits might reinforce fear memory

pathways. Experimental designs in controlled laboratory settings could target these

circuits to identify specific parameters for enhancing safe memories. This avenue holds

therapeutic potential, particularly in conditions such as aviophobia; activating a safe

memory circuit before a flight might suppress fear relapse during the actual flight.

Third, the anterior pulvinar-MD relationships raise questions related to the wide range of

human behaviors, focusing on understanding neural gateways between conscious and

unconscious learning. Studying the dynamics of information flow across this promising

pathway could deepen our understanding of how sensory and cognitive information

transits between conscious and unconscious states and brings about behaviors. This

research line may pave the way for innovative learning methods and reveal

neurocognitive mechanisms underlying the acquisition of new information in humans.

Together, our findings and emerging research directions underscore the thalamic nuclei's

vital role as a hub for fear acquisition and memory processing, offering promising avenues

for theoretical advancements and clinical applications. As the primary neural gateway to

the human brain, the thalamus is the first station for all sensory information except olfactory inputs. Modulating its functions is potentially an impactful strategy to induce widespread functional changes across the brain and influence different mental and behavioral expressions.

Materials and Methods

Participants

We analyzed the fMRI data of 293-412 human subjects of both sexes, aged 18-70 years old (M = 32.17 ± 13.1). All participants were proficient in English, right-handed, and had normal or corrected-to-normal vision. The exclusion criteria included a history of seizures or significant head trauma, current substance abuse or dependence, metal implants, pregnancy, breastfeeding, or positive urine toxicology screen for drugs of abuse. We followed the latest version of Helsinki's declaration, and all procedures were approved by the Partners HealthCare Institute Review Board of the Massachusetts General Hospital, Harvard Medical School. All subjects provided written informed consent before taking part in the study. Results from this dataset have been published elsewhere with a different focus(Marin et al., 2020; Wen et al., 2024, 2022). The current results are novel and have not been previously published.

Experimental procedure

Participants underwent two-day sessions of a validated threat learning paradigm in the MRI scanner (**Figs.** 1a, 4a-6a); the experimental contexts consisted of visual scenes on a computer display. On day 1, participants underwent a Pavlovian conditioning phase in which a neutral stimulus in context A (e.g., red light in an office) was paired with a 500ms

electric shock (US) with a partial reinforcement rate of 62.5%. Another neutral stimulus in

context A (e.g., blue light in the same office) was also presented but never paired with the

shock (CS-). Participants were guided to select a highly annoying but nonpainful shock

level during a pre-experiment calibration stage, and we used that personalized level

during conditioning. On the same day, we also conducted extinction learning in context B

(e.g., red and blue lights in a casebook background). The stimuli were repeatedly

presented with the removal of the expected reinforcement (i.e., no shock).

On day 2, the participants underwent two phases of a memory test. The first is extinction

recall, including presenting the extinguished CS+ and CS- within safe contextual cues

(context B used during extinction learning). The second is threat renewal, in which the

stimuli were presented within threat contextual cues (context A used in conditioning).

Both extinction recall and threat renewal included no US reinforcement. Across phases

of threat learning, the duration of each trial was 6s, and the inter-trial intervals with a

fixation screen ranged between 12 to 18 s (15 s on average). Finally, to control for

potential confounds related to the experimental design, we pseudorandomized and

counterbalanced the order of CS+ and CS− across phases and between subjects.

MRI data acquisition and preprocessing

Two MRI settings were used to acquire the neuroimaging data. The first is a Trio 3T whole-

body MRI scanner (Siemens Medical Systems, Iselin, New Jersey) using an 8-channel

head coil. The functional data in this setting were acquired using a T2* weighted echo-

planar pulse sequence with these parameters: TR = 3.0s, TE = 30 ms, slice number = 45,

voxel size = 3 × 3 × 3 mm^3. The second setting was also in the same scanner using a 32-

channel head coil. The functional images were obtained using a T2* weighted echo-planar

pulse sequence using TR = 2.56s TE = 30 ms, slice number = 48, voxel

size = 3 × 3 × 3 mm^3. The anatomical brain images were collected using a T1-weighted

MP-RAGE pulse sequence, parcellated into 1 × 1 × 1 mm^3 voxels. Elastic bands were

affixed to the head coil device to reduce head motions.

Using the default pipeline in fMRIPrep, version 20.0.2(Esteban et al., 2020, 2019), we

preprocessed the data and applied correction of slice timing, realignment of the functional

images, and coregistration. In addition, the data was normalized into the Montreal

Neurological Institute (MNI) space and smoothed with a 6-mm full-width half-maximum

Gaussian kernel.

Activation analyses

We applied the least-squares-based generalized linear model (GLM) for each participant

to estimate the BOLD response to CS+ and CS- using SPM 12. We estimated the beta

values for each voxel during each learning phase in the paradigm. Overall, the model

included 32 regressors for the CS+ and CS-, a regressor for the context, and a regressor

for shock in conditioning but not in other phases. The GLM also included six head

movement parameters (x, y, z directions, and rotations). This first-level analysis resulted

in contrast maps that we used to estimate the variability of these maps across all subjects

at the group-level analysis. We then used the contrast maps from the group-level analysis

to extract the averaged values across the voxels within predefined masks of the pulvinar

divisions, MD, and LGN. These outputs were used to compare the BOLD response during

the first four CS+ and four CS- trials. We averaged the activation for each CS type across

trials to obtain the block-level activation.

The statistical analyses included t-tests, RM-ANOVA, network analyses, mediation

models, and hierarchical regression models. All were conducted using JASP versions

0.18.3 and 0.19.3(JASP Team, 2024). False discovery rate (FDR) correction was applied

across analyses. RM-ANOVA was used to analyze trial-by-trial BOLD responses as the

same participants were measured across the trials. Assumptions of sphericity were

checked, and Greenhouse-Geisser corrections were applied where necessary.

Connectivity analyses

We computed the connectivity values using the CONN functional connectivity toolbox,

version 22. a, for the MathWorks MATLAB program(Nieto-Castanon and Whitfield-

Gabrieli, 2022; Whitfield-Gabrieli and Nieto-Castanon, 2012). We first segmented the

brain images into different tissues of gray matter, white matter, and CSF. Then, we applied

the standard denoising pipeline in the CONN toolbox(Nieto-Castanon, 2020) to the

functional images to control the effect of potential confounding parameters, using a

component-based noise correction method. Finally, bandpass frequency filtering of the

BOLD time series between 0.008 Hz and 0.09 Hz was also applied.

We evaluated differences in connectivity between CS+ and CS− conditions using

generalized psychophysiological interaction (gPPI) analyses. We defined the first eight

trials of each condition as a block. The pulvinar divisions, MD, and LGN were defined as

individual seed regions, and connectivity was assessed with target regions, including the

dACC, sgACC, vmPFC, amygdala, and hippocampus. The model included seed BOLD

signals as physiological factors, boxcar signals characterizing the task conditions

convolved with an SPM canonical hemodynamic response function as psychological

factors, and the product of the two as psychophysiological interaction terms. Functional

connectivity changes were quantified using Fisher-transformed correlation coefficients of

the psychophysiological interaction terms. At the group level, we used a GLM to assess

task-related connectivity changes across participants. Differences in connectivity

between conditions were evaluated using paired t-tests, applying false discovery rate

(FDR) correction at $p < 0.05$. 10,000 bootstrap resamples were used to obtain BCa CI,

providing more robust estimates of the connectivity mean differences.

Masks

We defined the pulvinar divisions, MD, and LGN nuclei using predefined masks based on

the neuroanatomical guidelines of the Automated Anatomical Labelling Atlas(Rolls et al.,

2020). We also applied the same atlas guidelines to determine the masks for the two

other anatomical regions; the amygdala and hippocampus. The masks for the functional

regions were created using Neurosynth(Yarkoni et al., 2011) and the keyword

'conditioning.' For each region, we created 8mm spheres around the following identified

peak coordinates: vmPFC (MNIxyz = −2, 46, −10), sgACC (MNIxyz = 0, 26, −12), and

dACC (MNIxyz = 0, 14, 28).

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Figure captions

Fig 1. Neural representation of associative threat learning in pulvinar divisions, MD and LGN.

a. Human fear conditioning paradigm in the fMRI. **b-d.** Means ± SE of activation in response to CS+ vs. CS- at both block-wise and trial-wise levels within the pulvinar divisions (**b**), MD (**c**), and LGN (**d**). **e.** ROI-to-ROI connectivity. Right: the red line represents significant positive connectivity to CS+ vs. CS- ($P_{FDR} < 0.05$), while the gray lines indicate non-significant connectivity. Thalamic nuclei that showed no significant connectivity with other regions (i.e., amygdala, hippocampus, etc.) were omitted from the visualization. Left: boxplots and kernel density estimates illustrate the distribution of connectivity values in response to CS+ and CS-.

SE: Standard error.

MD: Mediodorsal thalamus.

LGN: Lateral geniculate nucleus.

CS+ vs. CS-: Conditioned stimulus predicting shock vs. no shock.

ROI: Region of interest.

*$p<0.05$, **$p<0.01$, ***$p<0.001$

Display items in panel **a** were created using BioRender (BioRender.com).

Fig 2. Quantifying the relationships between the anterior pulvinar and MD during

conditioning.

a. Hierarchical regression models of trial-wise relationships between the anterior pulvinar

and MD activations while controlling for a potential effect of anatomical proximity. The

effect of anatomical proximity was controlled by progressively adding other pulvinar

divisions as controls. **b.** Results of a hierarchical model that included the LGN as an

alternative control, distinct from the pulvinar. **c.** Comparison of activation levels in the

anterior pulvinar and MD at both block-wise and trial-wise levels (means ± SE).

*$p<0.05$, **$p<0.01$, ***$p<0.001$

MD: Mediodorsal thalamus.

LGN: Lateral geniculate nucleus.

SE: Standard error.

Fig 3. A data-driven approach to understanding the functional relationships between pulvinar divisions during conditioning

a. Means ± SE of activation differences between pulvinar divisions. **b.** Network analysis reveals that the medial pulvinar serves as a central hub, mediating interactions among pulvinar divisions and exhibiting increased centrality measures. **c.** Schematic visualization of activation patterns we observed in pulvinar divisions. **d.** Previous studies suggest that the inferior and lateral pulvinar are involved in processing basic visual information, while the medial pulvinar is associated with higher-level functions, including working memory. **e.** Based on **b-d**, we hypothesize that the medial pulvinar mediates the relationships with other divisions. **f.** Mediation analysis supports our hypothesis (panel **e**). **g.** Validation of the mediation model on an additional independent sample. Dashed paths in panels **f** and **g** represent statistically unstable paths, while the continuous paths indicate stable paths.

SE: Standard error.

SC: Superior colliculus.

$*p<0.05$, $**p<0.01$, $***p<0.001$

Display items in panels **d** and **e** were created using BioRender (BioRender.com).

Fig 4. Neural representation of extinction learning in pulvinar divisions, MD and LGN.

a. Human extinction learning paradigm in the fMRI. **b-d.** Means ± SE of activation in response to extinguished CS+ vs. CS- at both block-wise and trial-wise levels within the pulvinar divisions (**b**), MD (**c**), and LGN (**d**). **e.** ROI-to-ROI connectivity. Right: the red line represents significant positive connectivity to extinguished CS+ vs. CS- ($P_{FDR} < 0.05$), while the gray lines indicate no significant connectivity. Thalamic nuclei that showed non-significant connectivity with other regions (i.e., amygdala, hippocampus, etc.) were omitted from the visualization. Left: boxplots and kernel density estimates illustrate the distribution of connectivity values in response to extinguished CS+ and CS-.

SE: Standard error.

MD: Mediodorsal thalamus.

LGN: Lateral geniculate nucleus.

Extinguished CS+ vs. CS-: A conditioned stimulus that no longer predicts shock vs. a stimulus that was never paired with shock.

ROI: Region of interest.

*p<0.05, **p<0.01, ***p<0.001

Display items in panel **a** were created using BioRender (BioRender.com).

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Fig 5. Neural representation of extinction recall in pulvinar divisions, MD and LGN.

a. Human extinction recall paradigm in the fMRI conducted within safe contextual cues.

b-d. Means ± SE of activation in response to extinguished CS+ vs. CS- at both block-

wise and trial-wise levels within the pulvinar divisions (**b**), MD (**c**), and LGN (**d**). **e.** ROI-

to-ROI connectivity. Right: the red line represents significant positive connectivity to

extinguished CS+ vs. CS- ($P_{FDR} < 0.05$), while the gray lines indicate non-significant

connectivity. Thalamic nuclei that showed no significant connectivity with other regions

(i.e., amygdala, hippocampus, etc.) were omitted from the visualization. Left: boxplots and

kernel density estimates illustrate the distribution of connectivity values in response to

extinguished CS+ and CS-.

SE: Standard error.

MD: Mediodorsal thalamus.

LGN: Lateral geniculate nucleus.

Extinguished CS+ vs. CS-: A conditioned stimulus that no longer predicts shock vs. a

stimulus that was never paired with shock.

ROI: Region of interest.

*p<0.05, **p<0.01, ***p<0.001

Display items in panel **a** were created using BioRender (BioRender.com).

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Fig 6. Neural representation of threat renewal in pulvinar divisions, MD and LGN.

a. Human threat renewal paradigm in the fMRI conducted within threat contextual cues in the original context where fear conditioning occurred. **b-d.** Means ± SE of activation in response to extinguished CS+ vs. CS- at both block-wise and trial-wise levels within the pulvinar divisions (**b**), MD (**c**), and LGN (**d**). **e.** ROI-to-ROI connectivity. Right: the red line represents significant positive connectivity to extinguished CS+ vs. CS- ($P_{FDR} < 0.05$), while the gray lines indicate non-significant connectivity. Thalamic nuclei that showed no significant connectivity with other regions (i.e., amygdala, hippocampus, etc.) were omitted from the visualization. Left: boxplots and kernel density estimates illustrate the distribution of connectivity values in response to extinguished CS+ and CS-.

SE: Standard error.

MD: Mediodorsal thalamus.

LGN: Lateral geniculate nucleus.

Extinguished CS+ vs. CS-: A conditioned stimulus that no longer predicts shock vs. a stimulus that was never paired with shock.

ROI: Region of interest.

*p<0.05, **p<0.01, ***p<0.001

Display items in panel **a** were created using BioRender (BioRender.com).

Fig 7. Neurobehavioral models of thalamic involvement in associative threat learning and memory.

a. Schematic illustration of thalamic circuitry during the acquisition of associative threat learning, highlighting interactions between pulvinar divisions, MD, and LGN with key brain regions involved in fear expression.

b. A thalamic-dependent "toggle switch" regulates the retrieval of safety vs. threat-related memory. The MD-dACC connectivity modulates the interaction between dACC and vmPFC, promoting vmPFC dominance during extinction recall. In contrast, the anterior pulvinar-vmPFC connectivity promotes dACC dominance, enhancing the expression of threat memory during threat renewal.

MD: Mediodorsal thalamus.

LGN: Lateral geniculate nucleus.

vmPFC = Ventromedial prefrontal cortex.

dACC = Dorsal anterior cingulate cortex.

V1, V2, and V4: Primary, secondary, and fourth visual areas.

TEO, TE: Temporal cortex regions.

Hypo.: Hypothalamus.

Hippo.: Hippocampus.

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a

Schematic demonstration of associative threat learning paradigm

DAY 1   DAY 2

CS+
CS-

Current learning phase   Conditioning   **Extinction**   Recall   Renewal

b   Pulvinar divisions   **c**   Mediodorsal thalamus

Anterior

Blocks comparison   Trial-by-trial comparison   Blocks comparison   Trial-by-trial comparison

Medial

CS+ Extinguished
CS-

Lateral geniculate nucleus

Inferior

d   Blocks comparison   Trial-by-trial comparison

Lateral

e   Connectivity

dACC
sgACC
vmPFC   Amygdala   Hippocampus   LGN

LGN   sgACC

a
Integrative simplified functional thalamic circuitry during the acquisition of associative threat learning

LGN ↔ V1 → V2 → V4 → TEO → TE

Sensory inputs

CS + ... Associative threat learning

Superior colliculus

Lateral pulvinar
Medial pulvinar
Inferior pulvinar
Anterior pulvinar
vmPFC
MD

Co-activation

Potential neural gate for conscious and subconscious threat learning

Hippo.
Amygdala
Hypo.

Hormonal response

Freeze Flight Fight

Motor ↔ dACC

Behavioral output

Fear

Emotional output

b
Dynamic model of safe vs. threat memory retrieval using contextual cues: A thalamic-dependent "toggle switch"

Extinction recall - safe cues

MD
Anterior pulvinar
dACC Vs. vmPFC
Hippocampus

Inhibition

Threat renewal - threat cues

MD
Anterior pulvinar
dACC Vs. vmPFC
Hippocampus

Excitation

Amygdala

Safe memory expression

Threat memory expression