IPNB from the Inside Out: An Overview of Interpersonal Neurobiology

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WELCOME TO THE WORLD OF IPNB:

CONSILIENCE

and

INTERDISCIPLINARY THINKING
Seminar Summary

1. Defining the field

2. Evolution of the ideas

3. Promise for the field for Education, Therapy, Parenting, and Organizational Function
What is IPNB?

Creation of a home for many ways of knowing:

Consilience and Knowledge

Science and Subjectivity

Inter-disciplinary Thinking

The notion of “Whole Elephant Thinking”
Defining the Approach

IPNB explores the fundamentals of:

- **Mind, Brain, and Relationships**
- **Development and Well-Being**
- **Cultural Evolution**
- **Cultivating Compassionate Change**
A TRIANGLE OF WELL-BEING & RESILIENCE

MIND

BRAIN

RELATIONSHIPS

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Inspire to Rewire
Evolution of IPNB

1. Roots in Science and Clinical Transformation
2. Creating a bridge between Objective Data and Subjective Experience
3. Asking Fundamental Questions regarding Brain, Mind, and Relationships
4. The Practical Implications and Applications of IPNB
5. The linkage of practical and scientific
6. Bridges to Education, Psychotherapy, and Families: Developing the Mind
7. The Centrality of Integration, Compassion and Kindness
Mindsight and Neural Integration
Interpersonal Neurobiology as a field

Driving Forces

- Clinical Lack of Defining the Mind
- What IS Mental Health and Mental Dysfunction?
- Mindfulness & Self-awareness
- Is there a bridge between Science and Subjectivity?
- Embracing Questions and Uncertainty
- Can Education, Clinical Work, Family Functioning and Group Process have a common ground?

Finding a Linkage Connecting These Fundamentals

- Relationships, Mind, and Brain
- Physics
- Neurobiology
- Psychology
- Sociology
- Group Dynamics
- Cultural Evolution

From Neuroscience to Anthropology

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Embracing Uncertainty and Asking Unasked Questions

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The Frame of IPNB

Subjectivity

Predictions, Practical Implications, Clinical and Policy Applications

Science
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The Centrality of Integration

Clinical Work
What is the Mind? How does it connect to the Brain?
How can we understand a central organizing Principle linking health and unhealth?

Education
Integration in Brain, Mind, and Relationships
Teaching with Integration in Mind
The power of systems thinking
Impact of Developing the Mind
Impact of Neuroplasticity

Science
Role of objective data in exploring reality
And expanding the power of interventions

Facilitating Change in Society
Impact of mindfulness on personal change
The role of awareness in harnessing neuroplasticity.
Cultivating Cultural Evolution toward Health:
Promoting Climate Change Responsibility
Cultivating Kindness and Compassion
Middle Prefrontal Functions

- Bodily Regulation
- Attuned Communication
- Emotional Balance
- Fear Extinction
- Flexibility

- Insight
- Empathy
- Morality
- Intuition
The Triangle of Health: Integration and the Cultivation of Well-Being

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Domains of Integration

- Consciousness
- Horizontal/Bilateral
- Vertical
- Memory

- Narrative
- State
- Interpersonal
- Temporal
- Transpiration
A Center for Consilience  IPNB Series  Extended Education

Defining the Mind and Mental Health

Illuminating the Interconnected Nature of *Mind, Brain, and Relationships*

Promoting Integration Across Domains

Cultivating Compassion and Kindness

Informing human development, parenting, psychotherapy, education, and public policy.

Inspire to Rewire

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