Teaching and Learning from the Inside Out:

*Memory and Narrative as Relational and Embodied Experiences*

Daniel J. Siegel, M.D.

Mindsight Institute Online 301
Teaching 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

RELATIONSHIPS

Mind Your Brain, Inc. (c) 2012
Inspire to Rewire
Mindsight and Neural Integration
Mindsight,
Relationships and
the Brain

Mind Your Brain, Inc. (c) 2012
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

Mind Your Brain, Inc. (c) 2012
CONSILIENCE

and

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

Inspire to Rewire
Seminar Summary

1. Teaching the field

2. Relational and Embodied Learning

3. Promise for the field for Education, Therapy, Parenting, Internal Education, and Organizational Function
A TRIANGLE OF WELL-BEING & RESILIENCE

RELATIONSHIPS

Mind Your Brain, Inc. (c) 2012
Effective Learning

- Embodied and Relational Experience
- Simple, Unexpected, Concrete, Credible Emotional Stories
  - *Made to Stick*: Heath Brothers
- Rewarding and Sustained Learning

Mind Your Brain, Inc. (c) 2012
Interpersonal Neurobiology as a field

Driving Forces

- Clinical Lack of Defining the Mind
- Is there a bridge between Science and Subjectivity?
- What IS Mental Health and Mental Dysfunction?
- Embracing Questions and Uncertainty
- Mindfulness & Self-awareness
- 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
The Frame of IPNB

Subjectivity

Predictions, Practical Implications, Clinical and Policy Applications

Science
Mind Your Brain, Inc. (c) 2012
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