The Interpersonal Neurobiology Sphere of Knowledge:

Embracing the Power of Mindsight and a Consilient View of Our Lives

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Mindsight Institute Online 302
A TRIANGLE OF HUMAN EXPERIENCE

MIND

RELATIONSHIPS

BRAIN
> We’ll build on our immersion into learning and stories by focusing directly on how a sphere of knowledge can be conveyed with meaning and emotion so that it is both remembered and made useful.

> Review the principles of IPNB that can be taught to students in K-12 and beyond

> Discuss how parents can benefit from Mindsight and the IPNB sphere of knowledge

> Explore how organizations can benefit from IPNB

> Identify how individuals might best be taught about mindsight and integration

> Examine the steps we can take to teach IPNB to policymakers

> Understand how mental health programs can teach about the mind and, in particular, a healthy mind
Two Questions of Consilience

• Is the “Self-Organization” of complex systems a concept/process/emergent property parallel to the “Self-Regulation” examined in the field of psychopathology?

• If integration—the linkage of differentiated elements of a complex system—“maximizes complexity” and enables flexible, adaptive, coherent, energized and stable states to emerge, is this “integration” a universal mechanism of health?
The River of Integration
Mindsight and Neural Integration
Principles of Neuroplasticity

• 1. Relationships
• 2. Sleep
• 3. Nutrition
• 4. Aerobic Exercise
• 5. Novelty
• 6. Close Paying of Attention
Domains of Integration

• Consciousness
• Horizontal/Bilateral
• Vertical
• Memory

• Narrative
• State
• Interpersonal
• Temporal
• Transpiration
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
WHAT CONNECTS RELATIONSHIPS, MIND, AND BODY/BRAIN?
A Possible Framework of Health?

• Health emerges from Integration
• “Unhealth” emerges from impediments to integration in the form of blockages to differentiation and/or linkage.
• Assessment evaluates chaos and/or rigidity.
• Causation can be genetic, infectious, toxic, and/or experiential (including trauma, developmental challenges).
• Therapy is integrative and can involve medications, neuroplastic training practices, SNAGging interventions, & fundamental relational elements of psychotherapy.
Major Mindsight Principles

- Mind viewed as a self-organizing emergent property, a process that *REGULATES energy and information flow*
- The mind is both EMBODIED and RELATIONAL
- Regulation entails MONITORING and MODIFYING
- Harmony emerges from integration—*the linkage of differentiated elements of a system*
- Chaos and/or Rigidity result from impaired integration
RELATIONSHIPS: SHARING

“BRAIN”: THE EMBODIED MECHANISM

MIND: An EMERGENT, SELF-ORGANIZING PROCESS emerging FROM and also REGULATING the FLOW OF ENERGY AND INFORMATION within the Body and within our Relationships
Relationships:
Mindsight and Neural Integration
Mind includes:
Awareness
Subjective Experience
and
an EMBODIED AND RELATIONAL process that regulates
the flow of energy and information

(Self-Organizing, Emergent Process of both brain and relationships)
Integration

The Linkage of Differentiated Elements of a System
INTEGRATION:

THE LINKAGE OF DIFFERENTIATED PARTS