IPNB from the Inside Out: An Overview of Interpersonal Neurobiology

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WELCOME TO THE WORLD OF IPNB:

CONSILIENCE

and

INTERDISCIPLINARY THINKING

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Seminar Summary

1. Defining the field

2. Evolution of the ideas

3. Promise for the field for Education, Therapy, Parenting, and Organizational Function

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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”

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Defining the Approach

IPNB explores the fundamentals of:

- ***Mind, Brain, and Relationships***
- ***Development and Well-Being***
- ***Cultural Evolution***
- ***Cultivating Compassionate Change***

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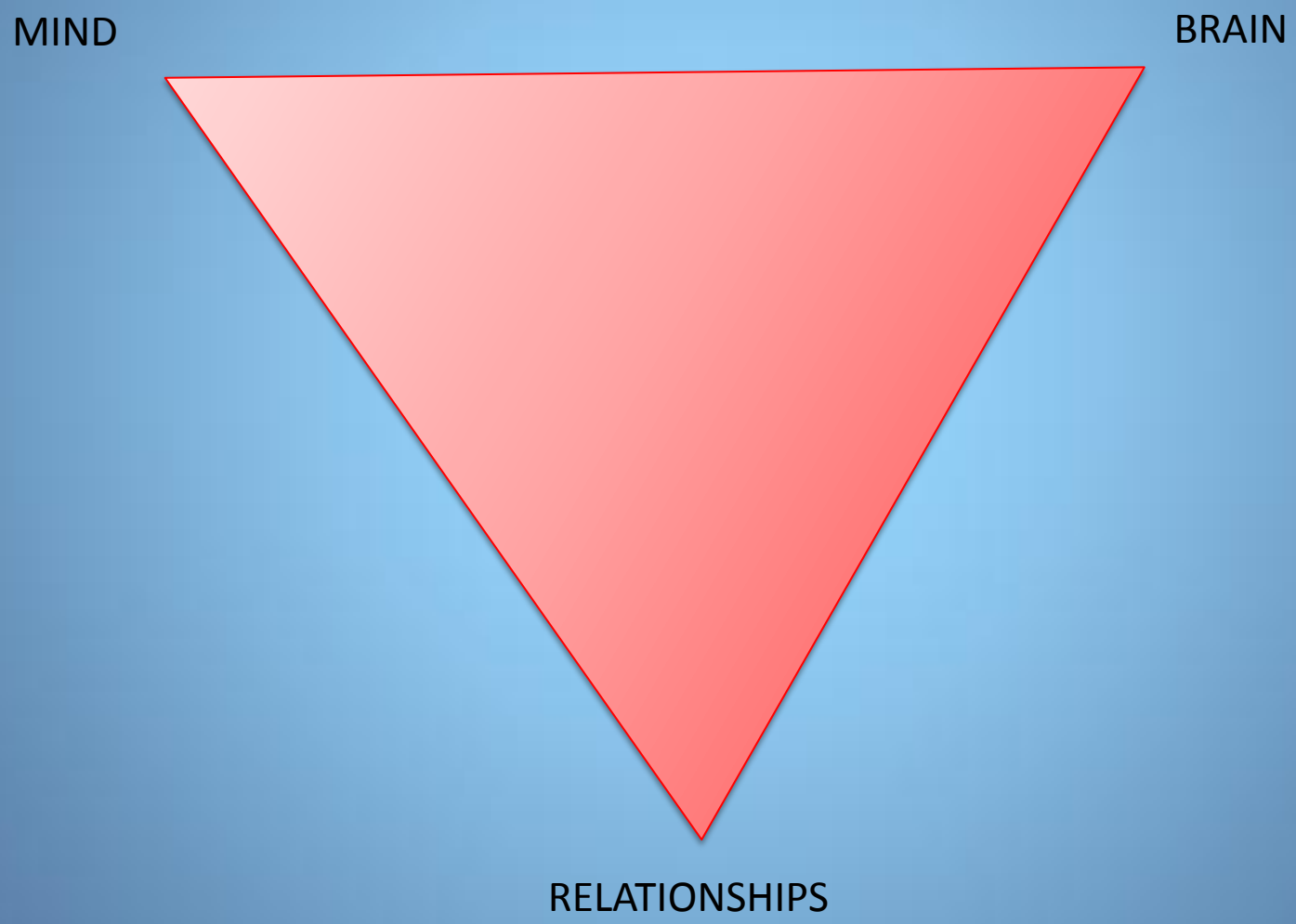
A TRIANGLE OF WELL-BEING & RESILIENCE



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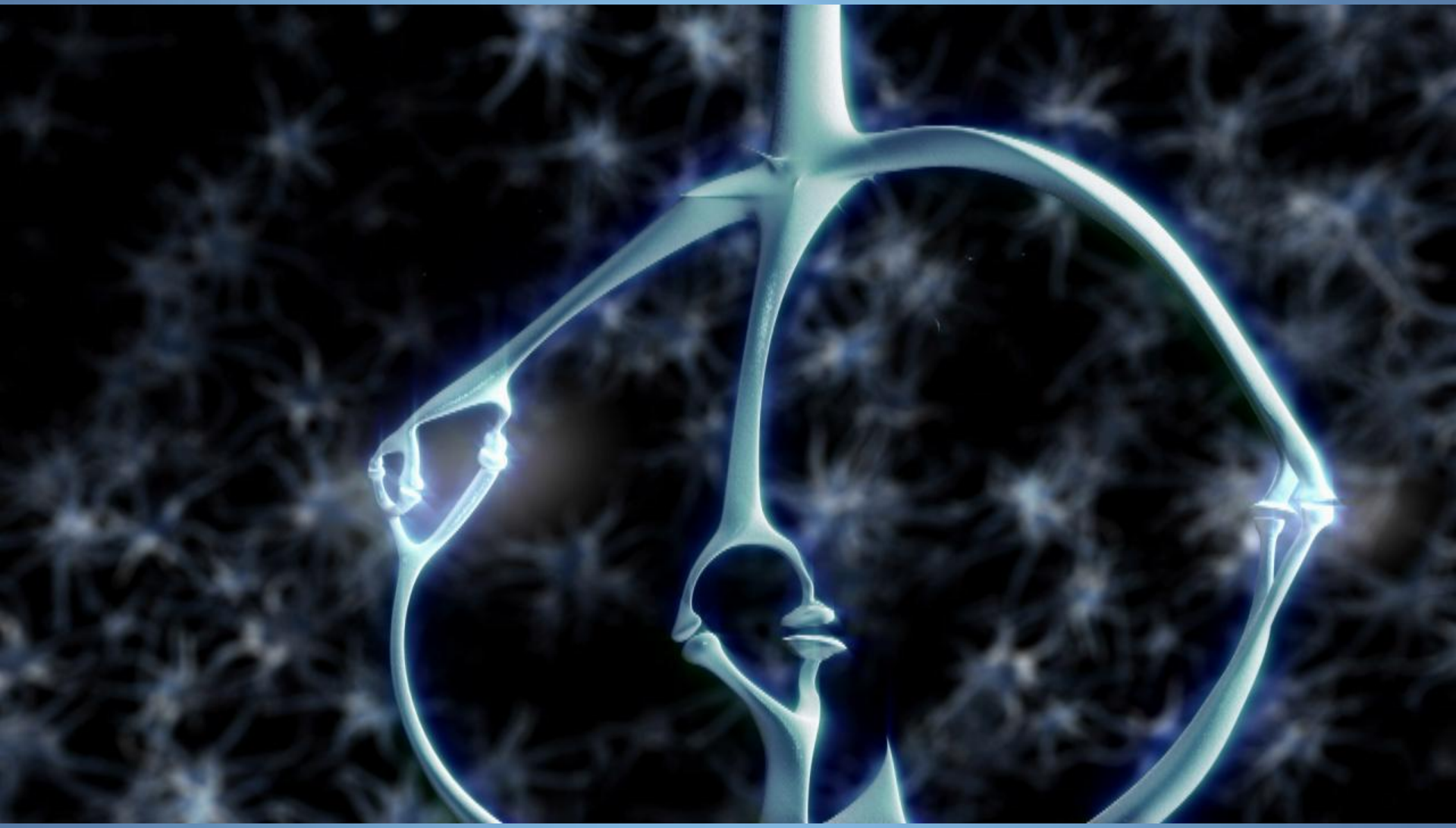

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Inspire to Rewire

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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

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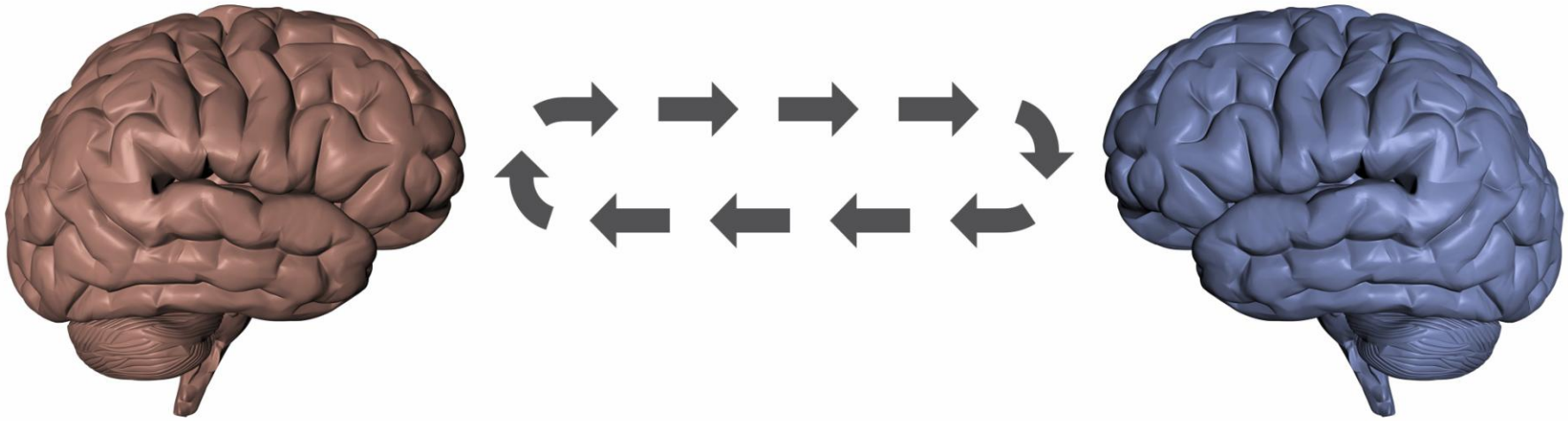
Mindsight and Neural Integration



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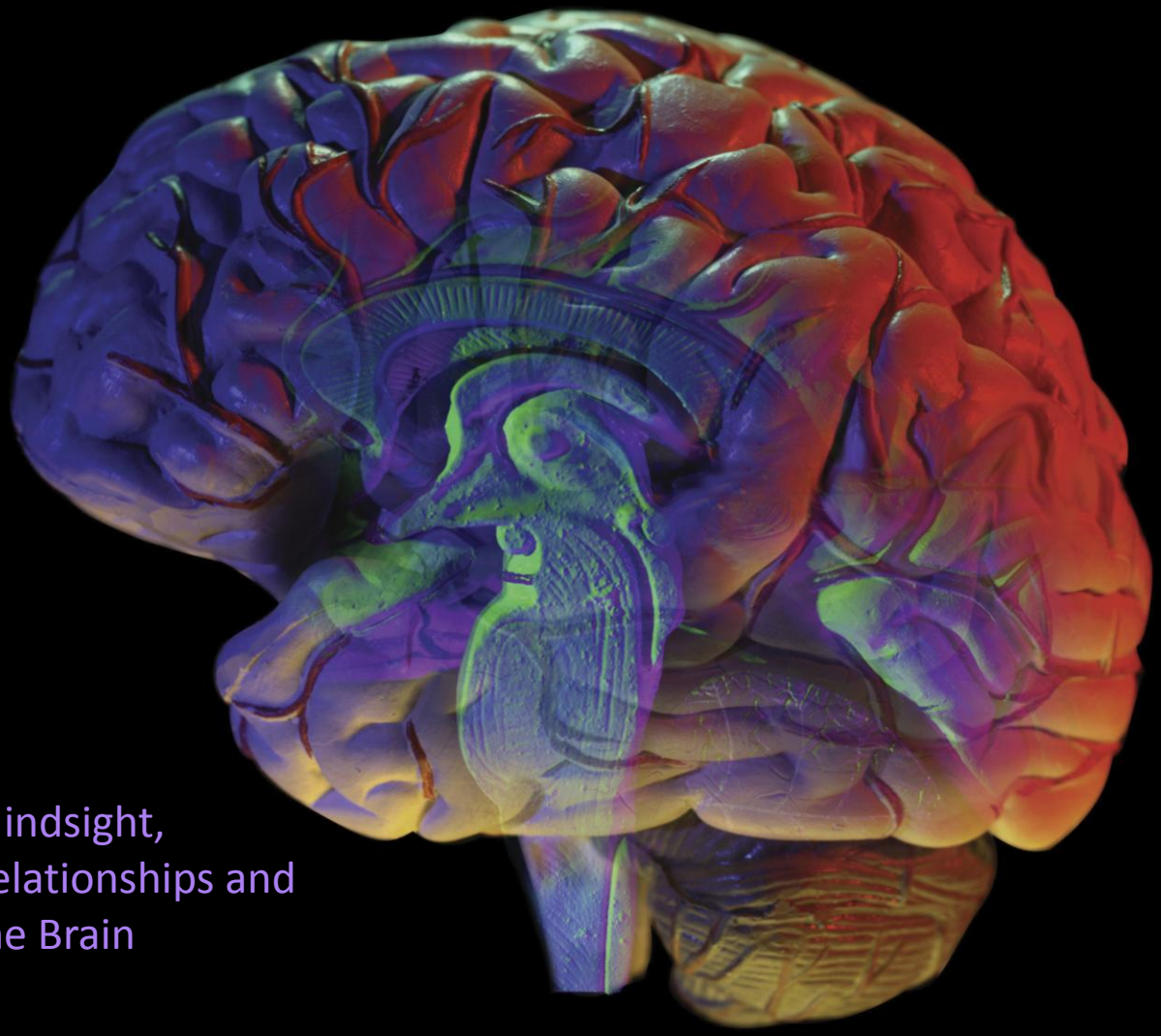

Mindsight, Relationships and the Brain

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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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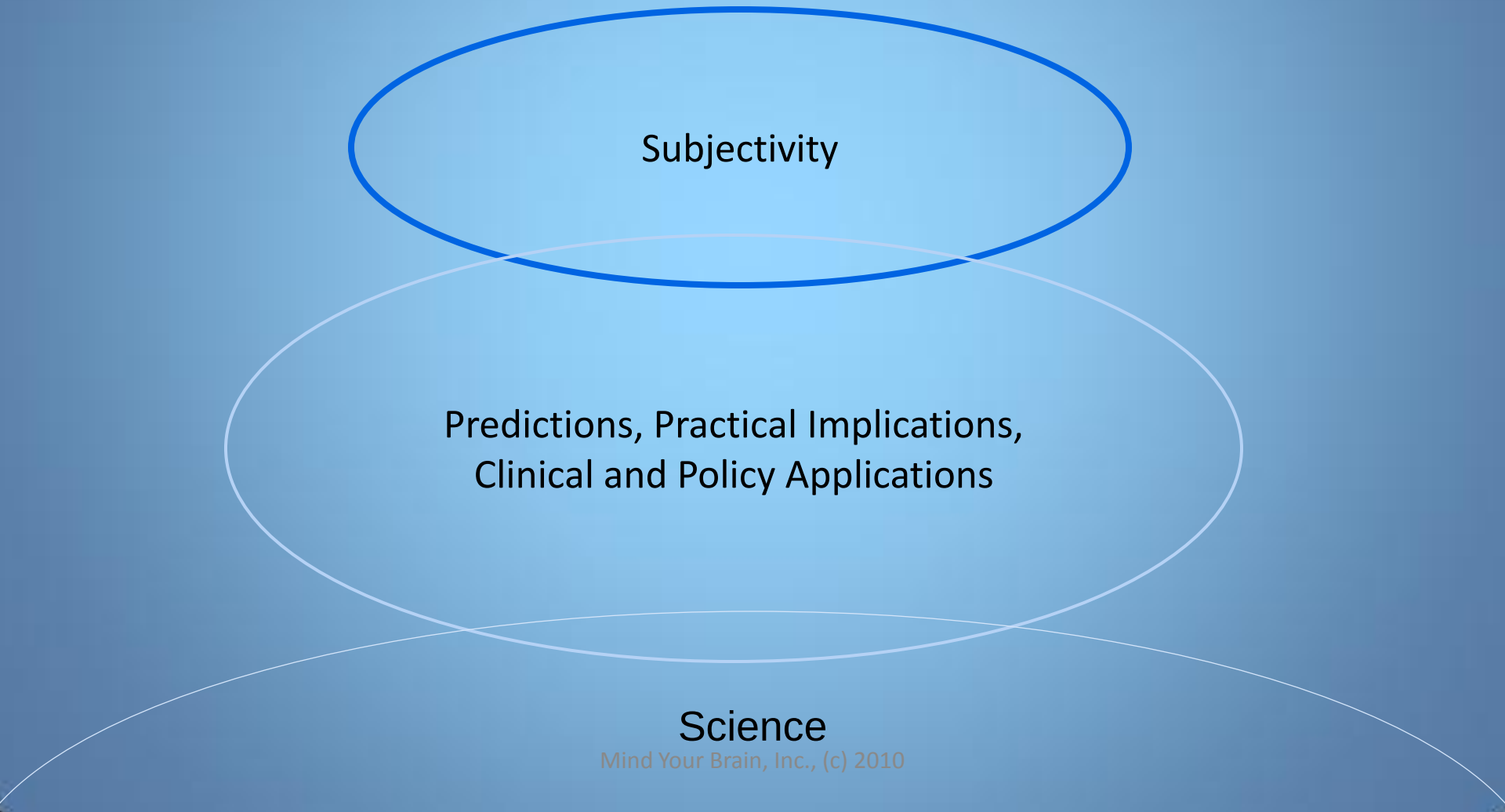
The Frame of IPNB



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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

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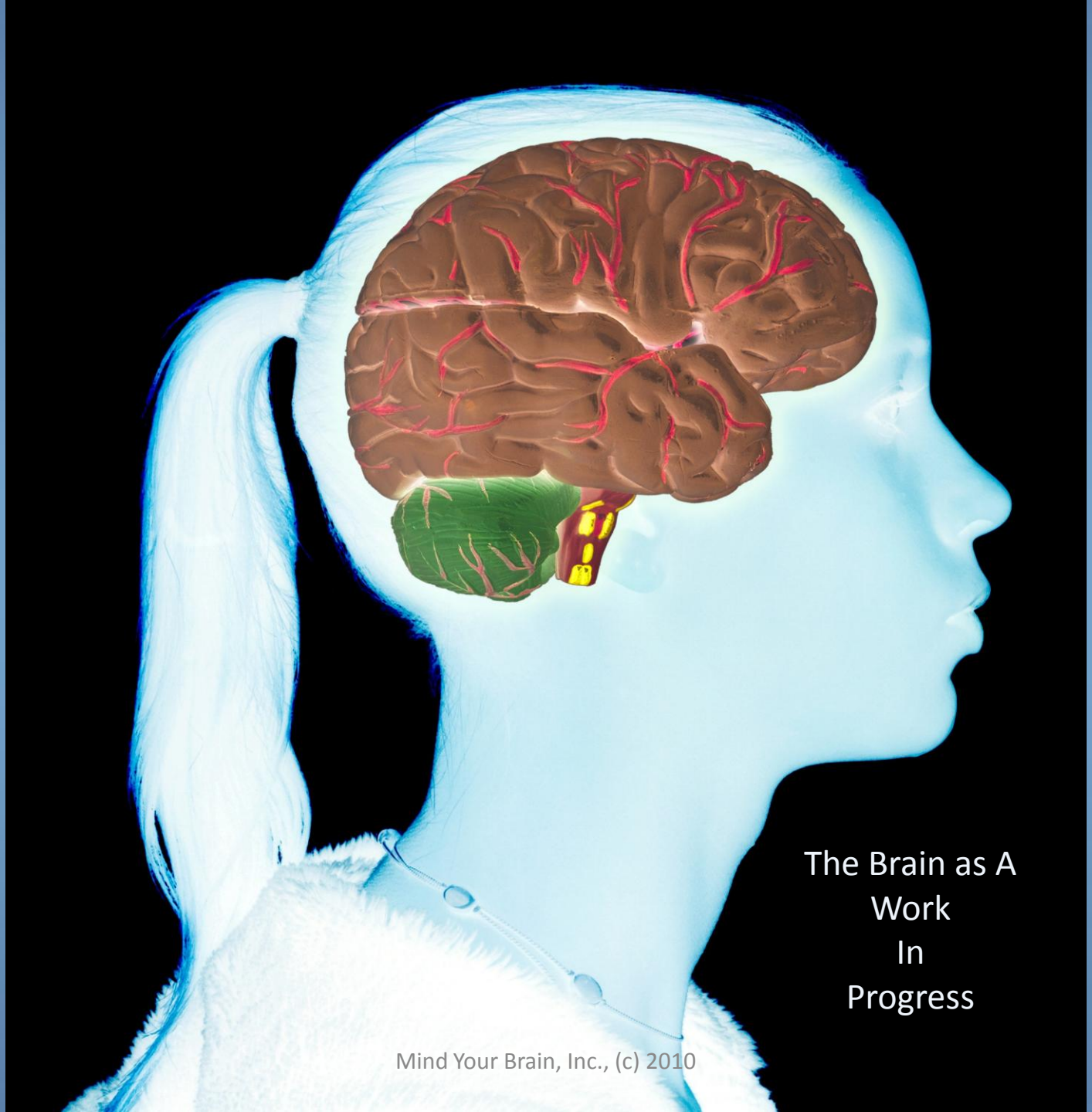

The Brain as A Work In Progress

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Middle Prefrontal Functions

- Bodily Regulation
- Attuned Communication
- Emotional Balance
- Fear Extinction
- Flexibility
- Insight
- Empathy
- Morality
- Intuition

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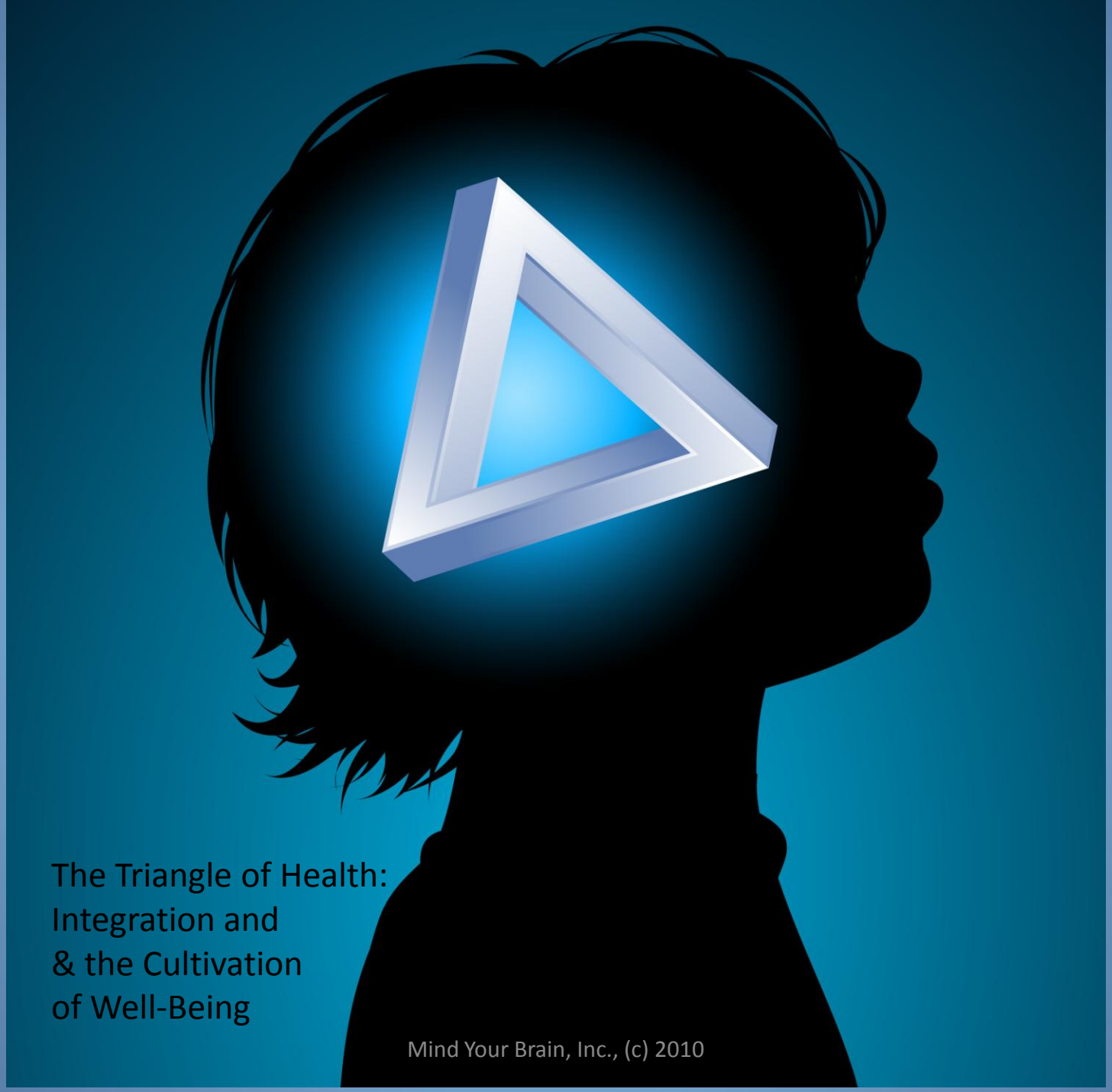

The Triangle of Health: Integration and & the Cultivation of Well-Being

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Domains of Integration

- Consciousness
- Horizontal/Bilateral
- Vertical
- Memory
- Narrative
- State
- Interpersonal
- Temporal
- Transpiration

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IPNB and the Mindsight Institute

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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