The Mindful Therapist

IPNB Online Course 104

Psychotherapy from the Inside Out Or IPNB for Psychotherapists



Mind Your Brain



The Mindful Therapist

- What PART do we play as therapists?
- John Norcross' findings: The Presence, Empathy, and Openness to Feedback of the Therapist are crucial elements in therapeutic outcome in meta-analyses of psychotherapy research.
- What is the Neurobiology of Presence?

Presence and the Social Brain

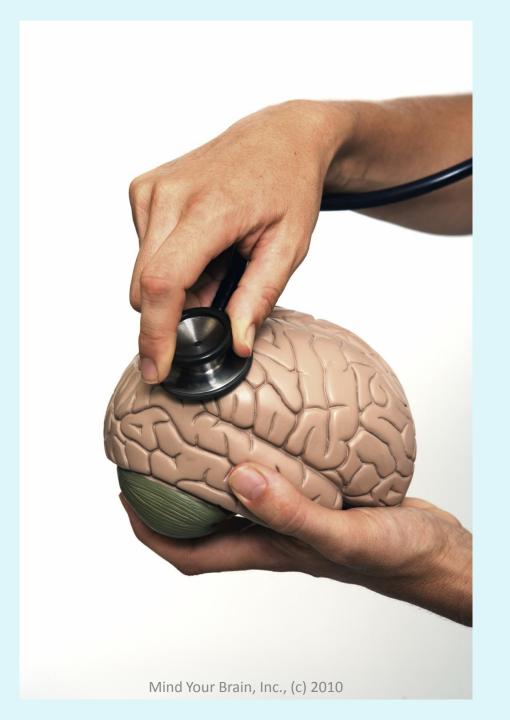
- What does it mean to be "present"?
- Why is presence one of the most important aspects of the therapeutic relationship?
- What is the connection between presence, attunement and resonance?

The Part we play as therapists:

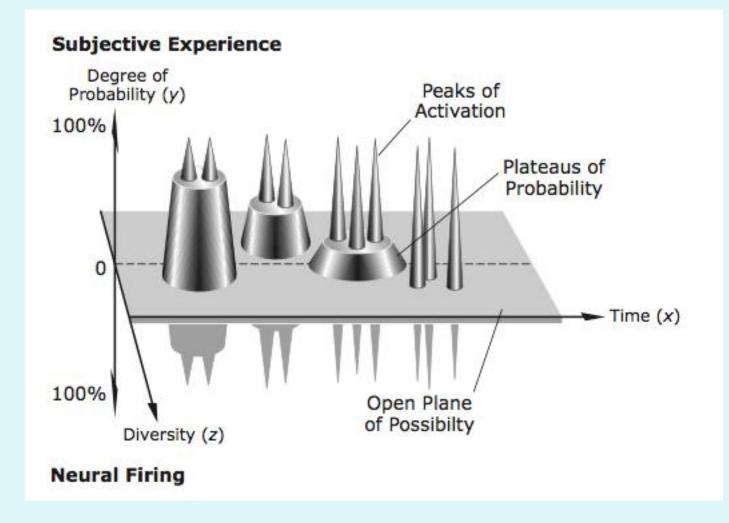
- **P**resence
- Attunement
- Resonance
- Trust
- Truth
- Tripod
- Triception

- Tracking
- Traits
- Trauma
- Transition
- Training
- Transformation
- Tranquility
- Transpiration

PRESENCE

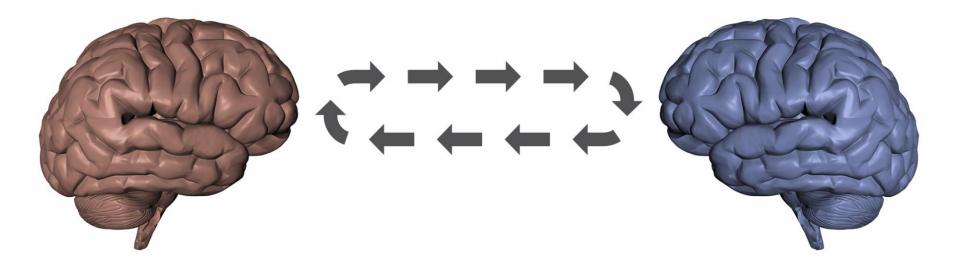


The Plane of Possibility



ATTUNEMENT

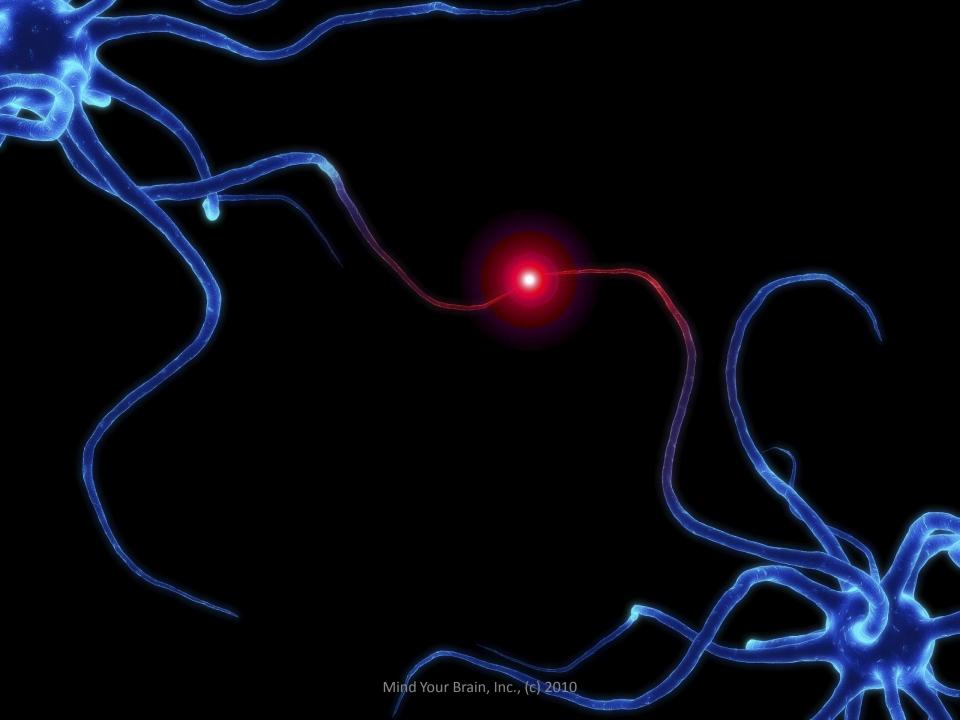
Mindsight and Neural Integration



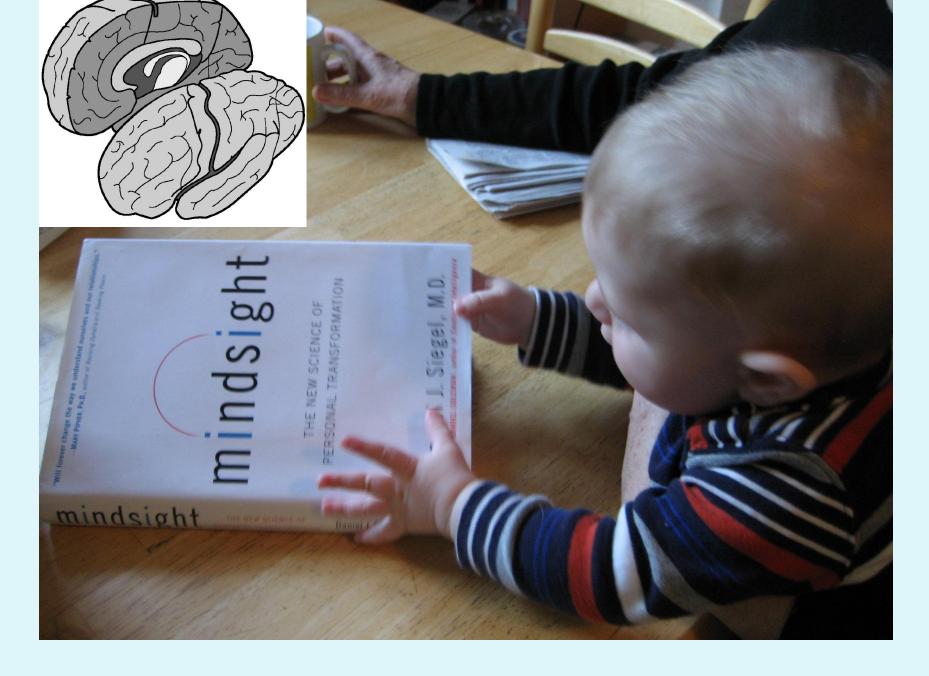
RESONANCE

Attachment and Feeling Felt

- The Power of Mindsight to See the Sea Inside
- Mindful Listening and the power of resonance
- Presence and the Healing Relationship



TRUST

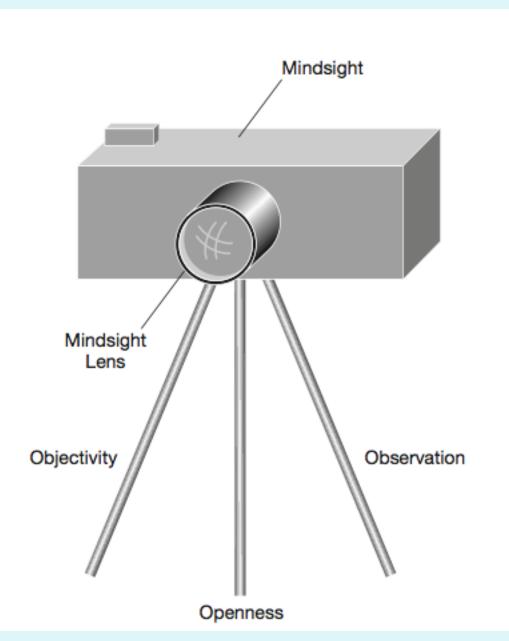


TRUTH



Embracing Uncertainty and Asking Unasked Questions

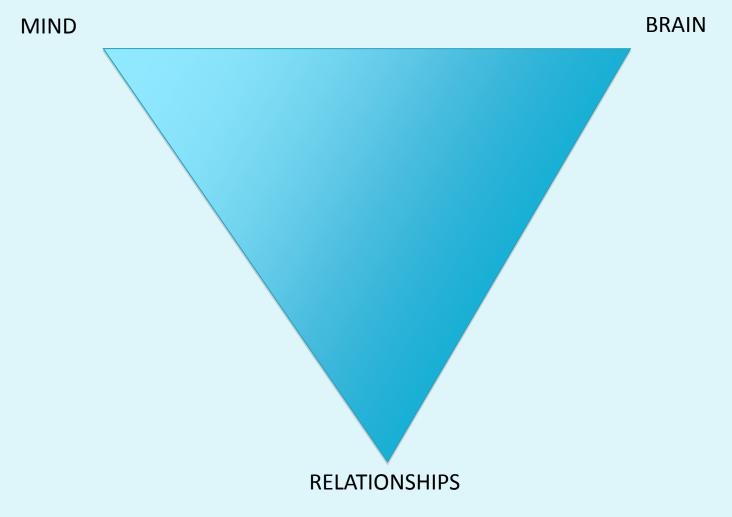
TRIPOD



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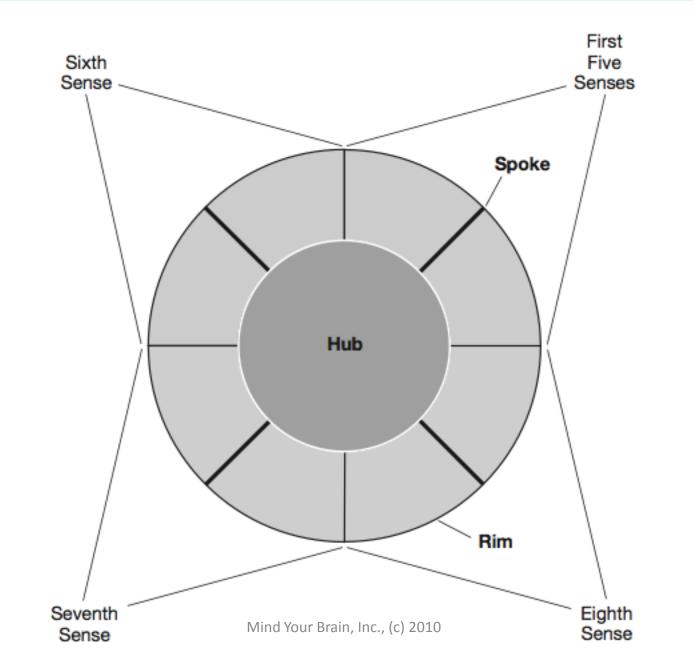
TRICEPTION

A TRIANGLE OF WELL-BEING & RESILIENCE

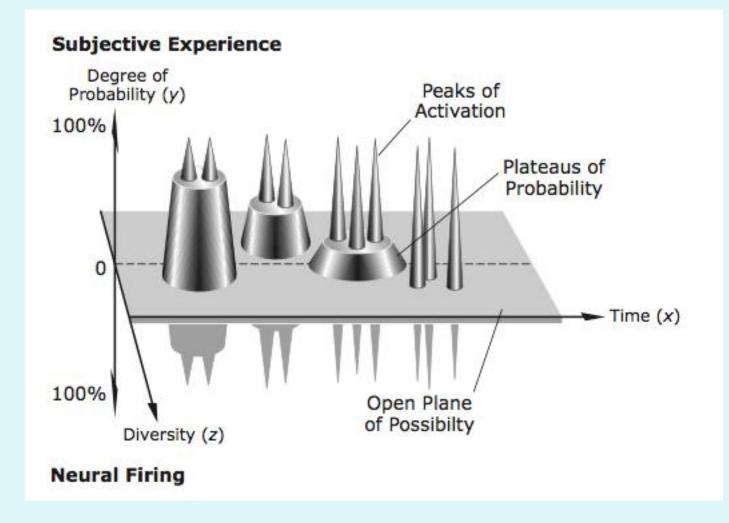


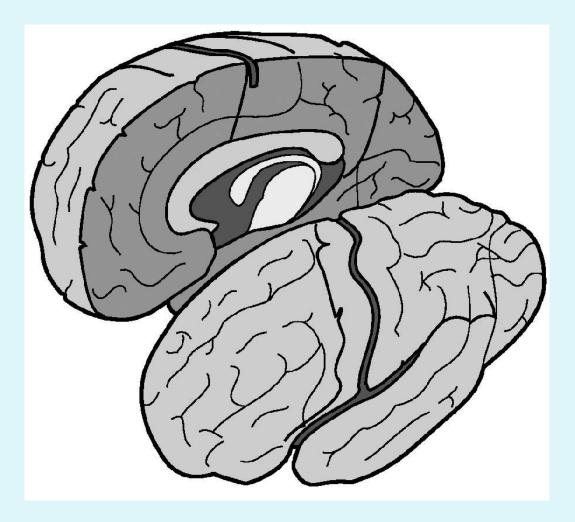
TRACKING

The Wheel of Awareness



The Plane of Possibility





TRAITS

Chess and Thomas' Nine Aspects of Parental Report of Temperament: Matching

- Activity Level (the motor activity)
- **Rhythmicity** (regularity of functions)
- Approach (positive response to new stimuli vs. withdrawal)
- Adaptability (ease with which responses are modified)
- Threshold of Responsiveness (sensitivity level)

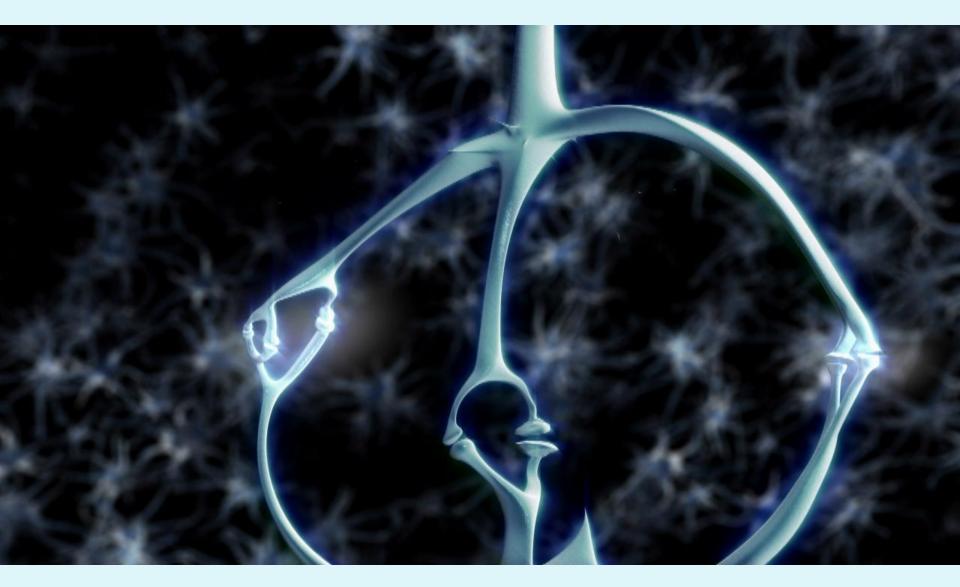
- Intensity of Reaction (the general energy level of a response)
- Quality of Mood (the intensity and nature of emotional responsiveness)
- **Distractablity** (responsiveness to extraneous stimuli altering ongoing behavior)
- Attention span/persistence (vigilance in attending to task)

TRAUMA

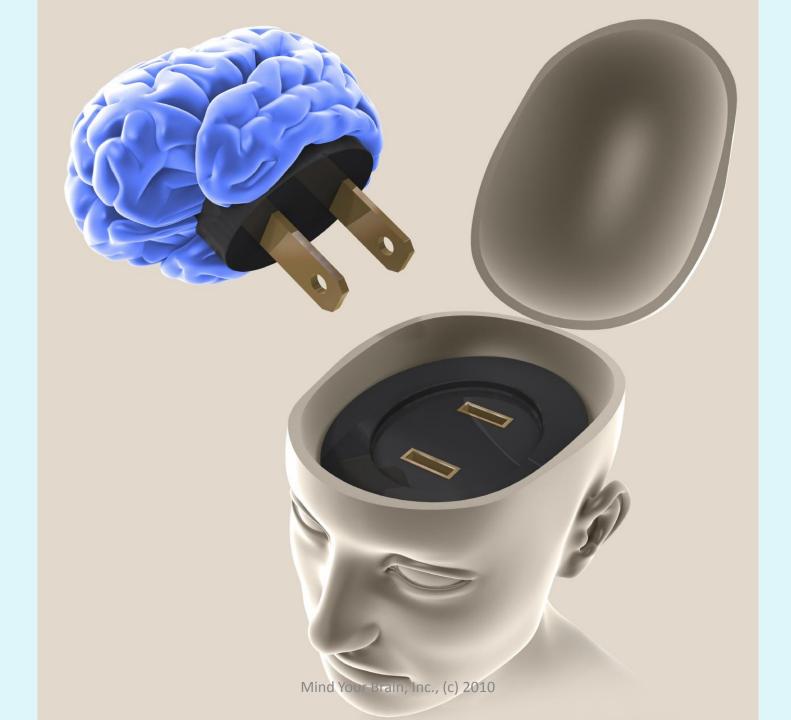
The River of Integration



TRANSITION



TRAINING





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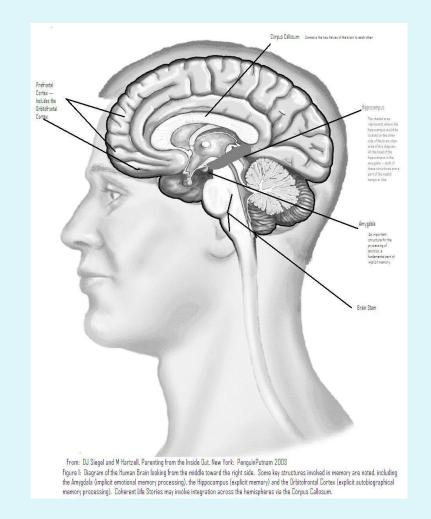
Ways to Change a Brain

- Mechanisms of Change:
 - Synaptogenesis
 - Neurogenesis
 - Myelinogenesis
 - Epigenesis

Principles of Neuroplasticity

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

TRANSFORMATION



Middle Prefrontal Functions

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

- Empathy
- Insight
- Morality
- Intuition

The Nine Domains of Integration

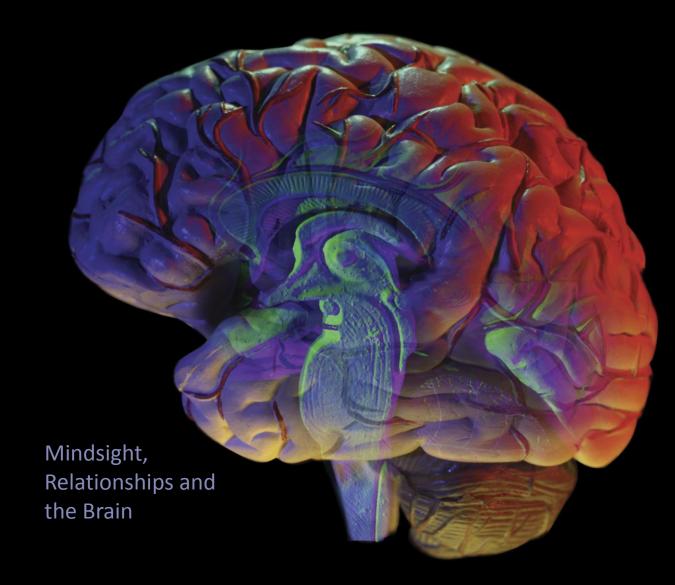
- Consciousness
- Bilateral
- Vertical
- Memory
- Narrative

- State
- Interpersonal
- Temporal
- Transpirational

TRANQUILITY

Inspire to Rewire





Integration and Neuroplasticity

- Integration creates Harmony
- Impairments to Integration lead to Chaos and/or Rigidity
- The Nine Domains of Integration
- Strategies for Enhancing Neuroplasticity

TRANSPIRATION

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