

# An Interpersonal Neurobiology Approach to Treatment Implementation

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# What is the Mind?

# What is Mental Health?

# 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?

# 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.

# The **Part** we play as therapists:

- **P**resence
- **A**ttunement
- **R**esonance
- **T**rust
- **T**ruth
- **T**ripod
- **T**riception
- **T**racking
- **T**raits
- **T**rauma
- **T**ransition
- **T**raining
- **T**ransformation
- **T**ranquility
- **T**ranspiration

**PRESENCE**

# A TRIANGLE OF HUMAN EXPERIENCE

MIND

BRAIN



RELATIONSHIPS

# A Working Definition of a core aspect of the Mind

An Embodied and Relational

Process that

Regulates the

Flow of Energy and Information

(A Self-Organizing Emergent Process that arises from the interactions of elements of a system—i.e. from the flow of energy within embodied neural activity and relational communication)



# REGULATION

- Monitoring
- Modifying

# Major Mindsight Principles

- Mind viewed as a self-organizing emergent 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

# Integration, Psychotherapy and Neuroplasticity

- “Effective Therapy Changes the Brain” can be restated as “Effective Therapy Integrates the Brain”
- Integration creates Harmony
- Regions are Differentiated and then Linked
- Impairments to Integration lead to Chaos and/or Rigidity
- The Nine Domains of Integration
- Strategies for Enhancing Neuroplasticity

# Ways to Change a Brain

- **Mechanisms of Change:**
  - Synaptogenesis
  - Neurogenesis
  - Myelinogenesis
  - Epigenesis
- **Strategies of Change:**
  - The Focus of Attention activates specific circuits
  - A Sense of Trust enhances receptive learning
  - Memory Retrieval as a Memory Modifier
  - Unlearning and Learning
  - Deep Practice and Skill Training

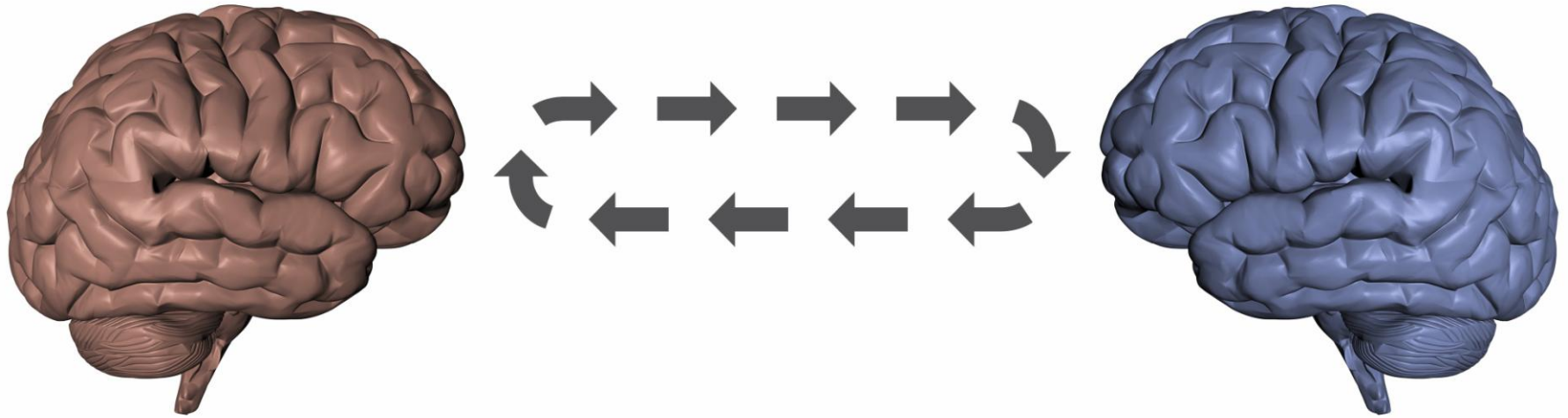
# Presence and the Social Brain

- 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?

**PRESENCE**

ATTUNEMENT

# Mindsight and Neural Integration





# RESONANCE

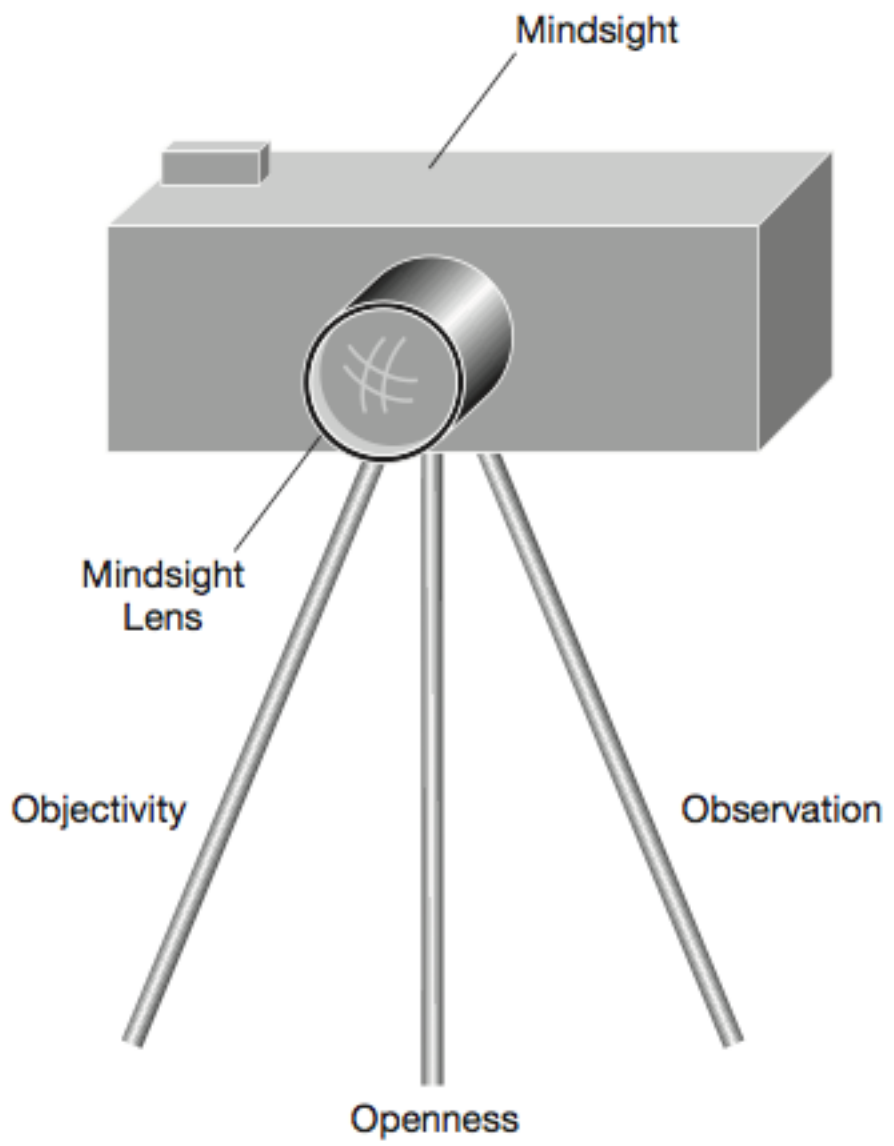
# Attachment and Feeling Felt

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

TRUST

TRUTH

TRIPOD

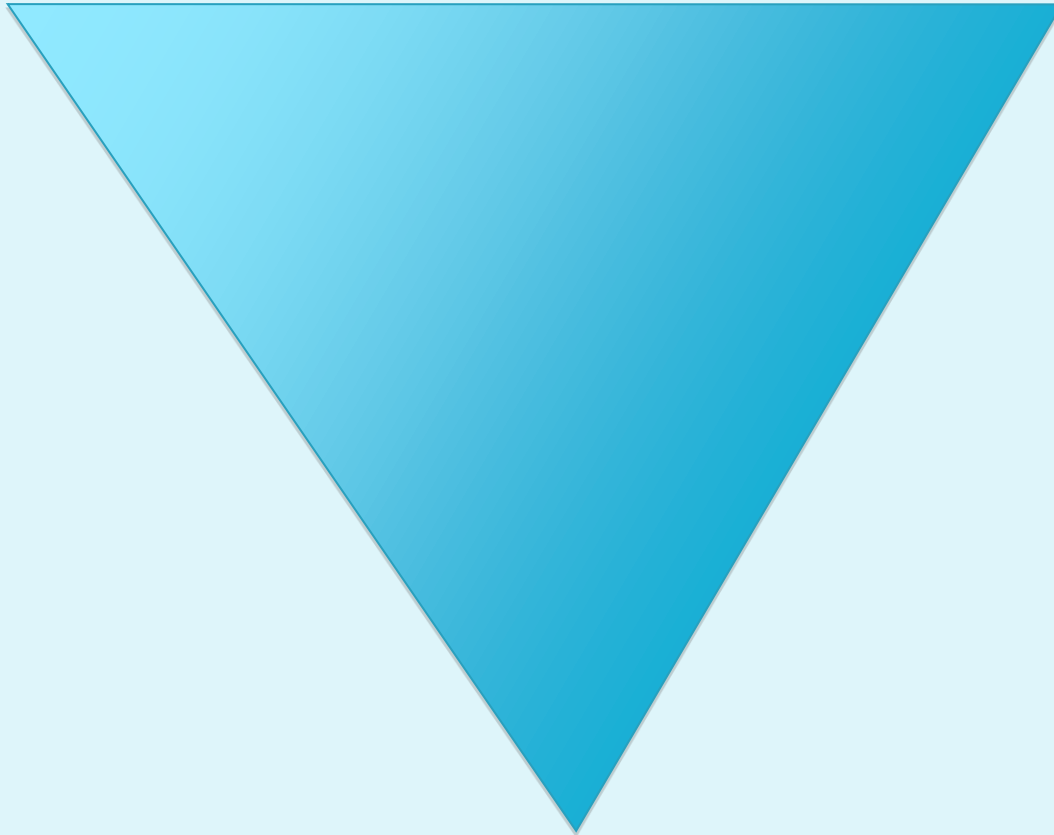


TRICEPTION

# A TRIANGLE OF WELL-BEING & RESILIENCE

MIND

BRAIN

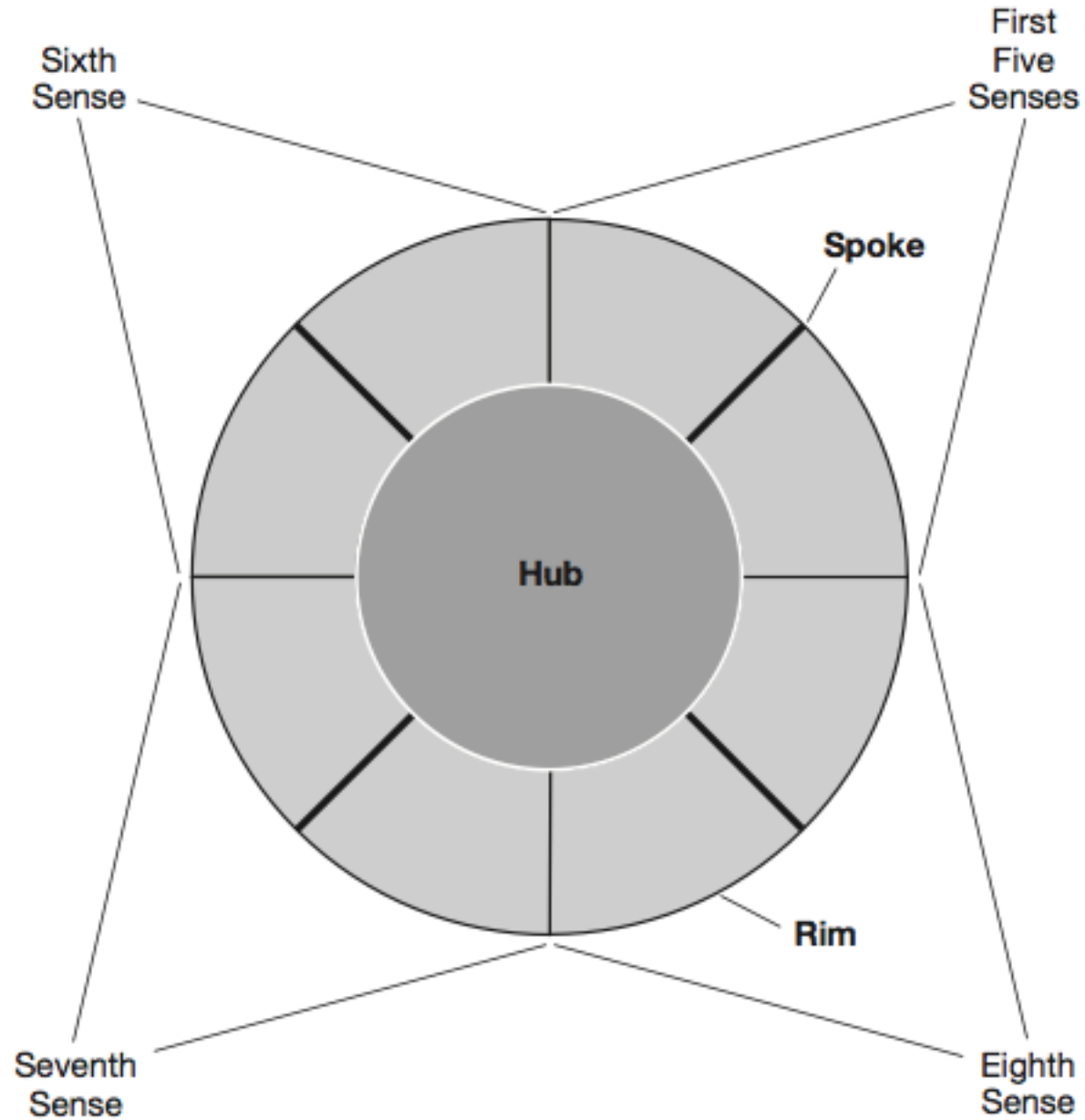


RELATIONSHIPS

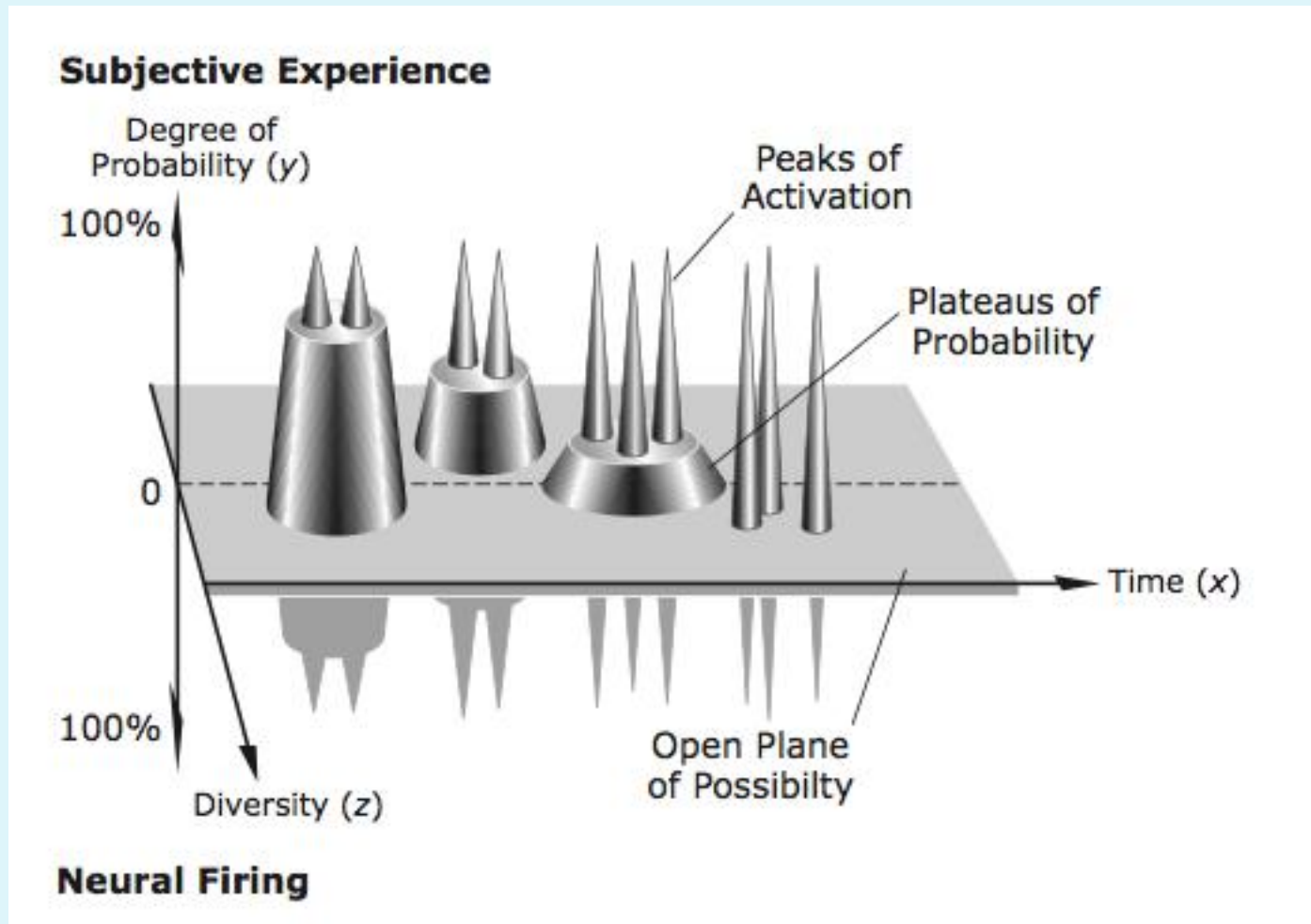


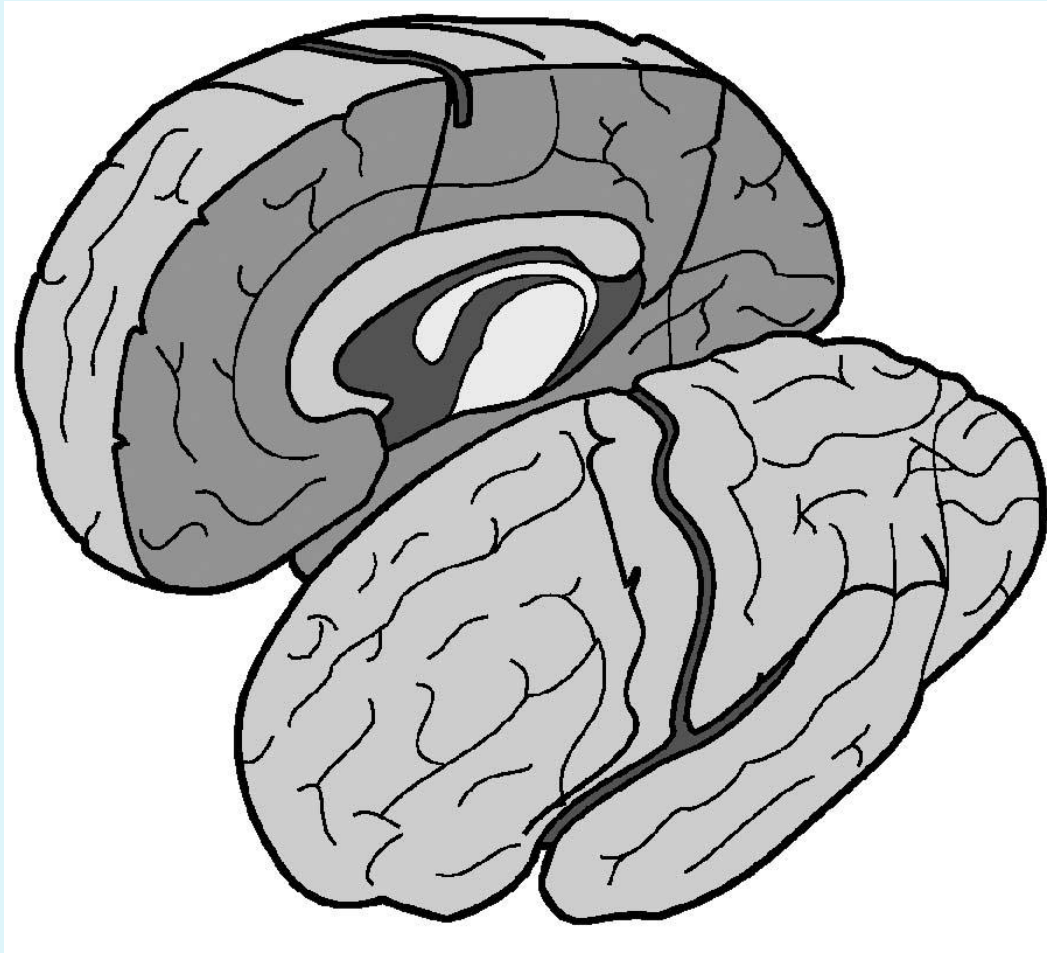
**TRACKING**

# The Wheel of Awareness



# The Plane of Possibility





TRAITS

TRAUMA

**TRANSITION**

**TRAINING**



# The River of Integration



# Major Mindsight Principles

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- The mind is both EMBODIED and RELATIONAL
- Regulation entails MONITORING and MODIFYING
- Harmony emerges from **integration**—*the linkage of differentiated elements of a system*
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# Principles of Neuroplasticity

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

# REGULATION

Coordination and Balance: If not → Chaos and/or Rigidity

- “Over Arousal and Under Arousal” a regulation approach to rigidity and chaos

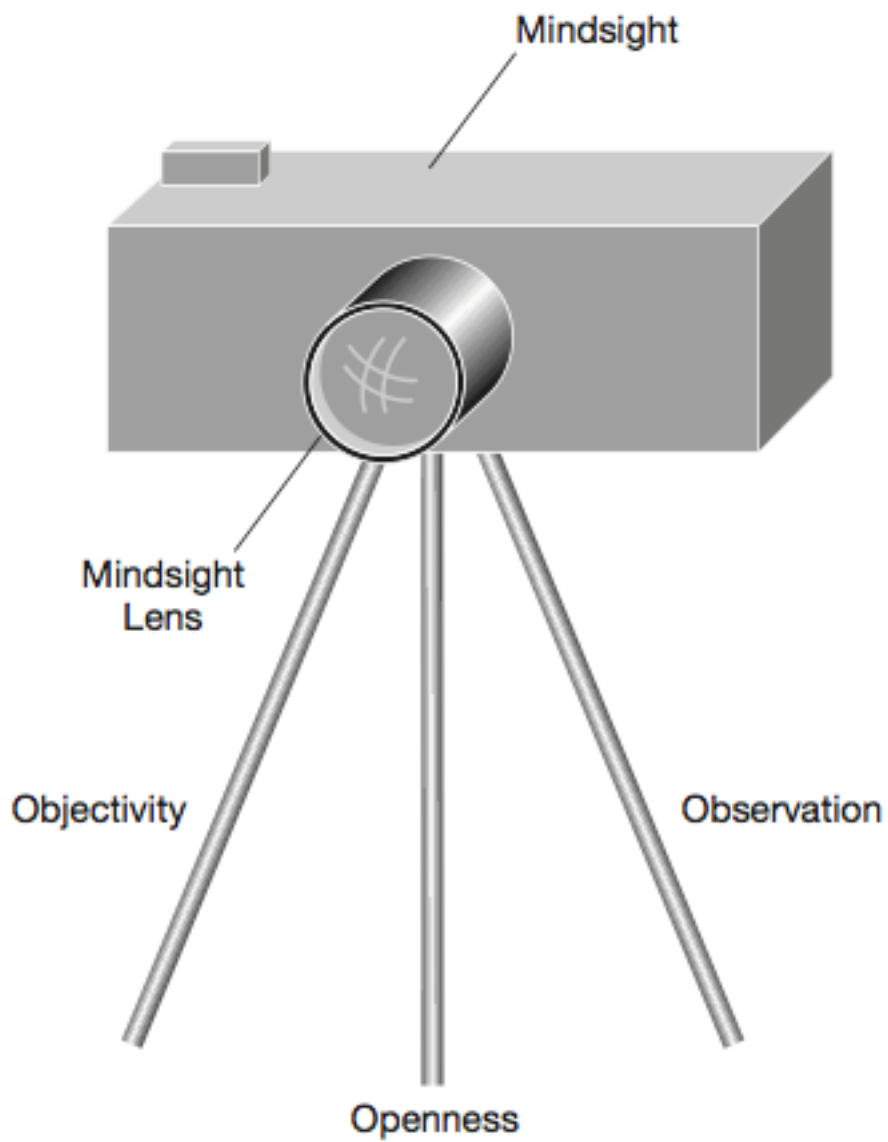
The essential elements of regulation include:

- Monitoring
- Modifying

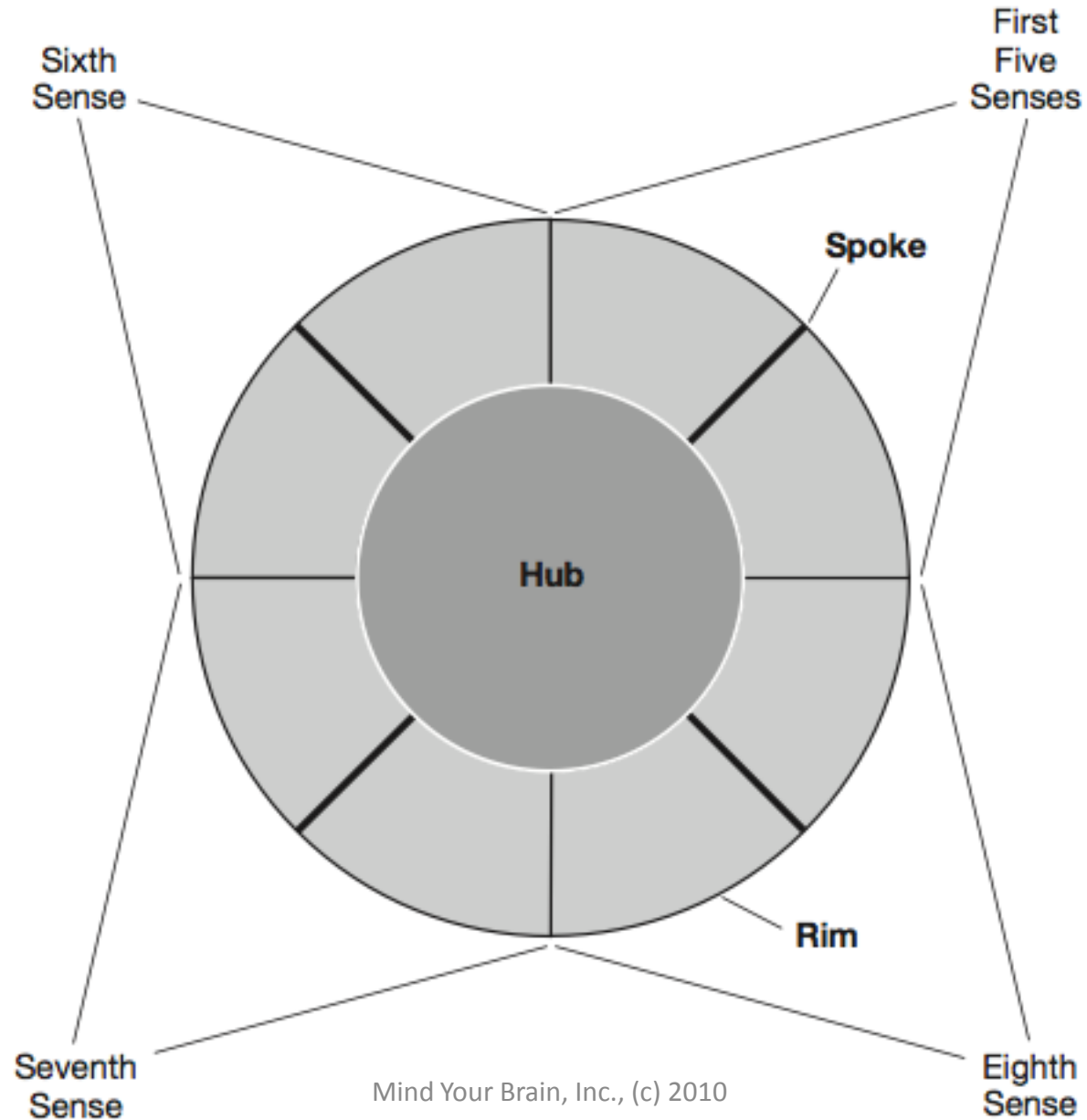
# The Integration of Consciousness

# Mindfulness Training: Using the focus of attention to transform...

- The Brain (Davidson et al) (Lazar et al)
- The Immune System (Davidson et al)
- Sense of Well-Being (Kabat-Zinn et al)
- Attention (Jha, et al)
- Relational Function (Shapiro, et al)

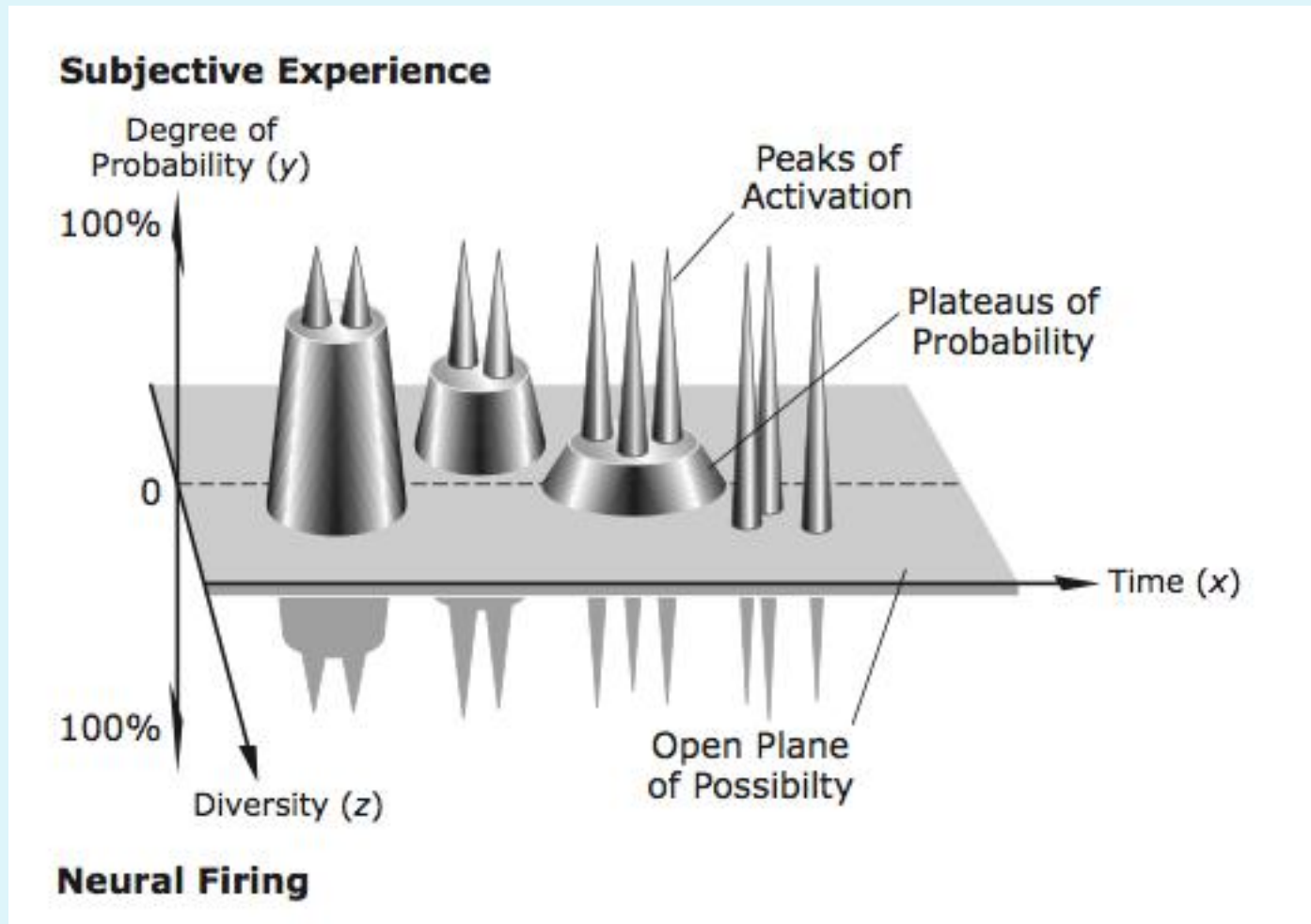


# The Wheel of Awareness

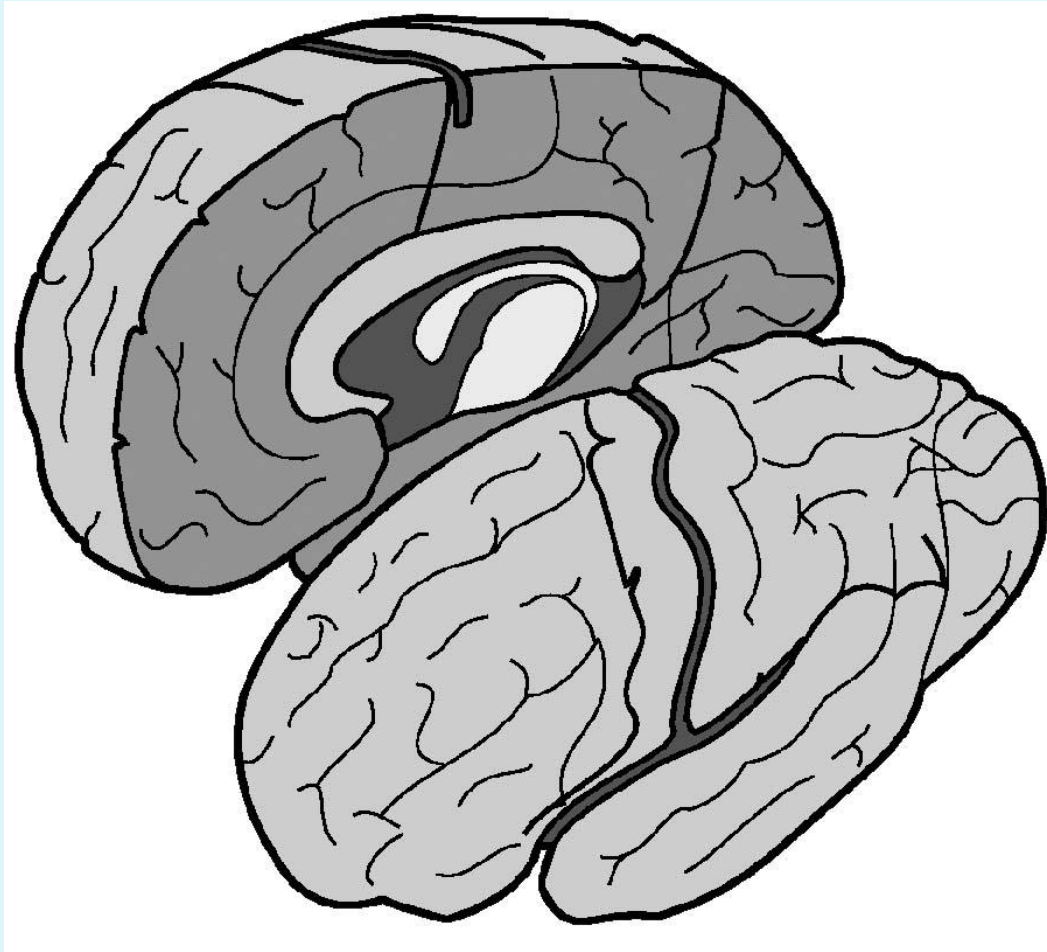




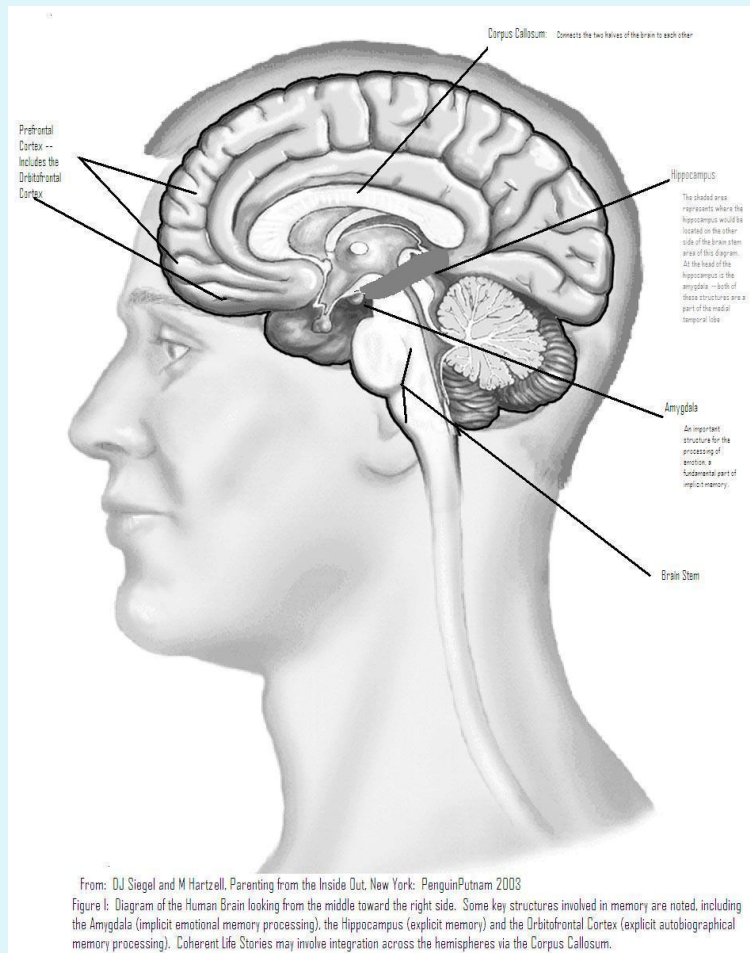
# The Plane of Possibility



# Bilateral Integration



# Vertical Integration



# Memory Integration

# Implicit and Explicit Memory

- Implicit Memory
  - Perception-Emotion-Sensation-Behavior
  - MentalModels/Schema
  - Priming
- Explicit Memory
  - Factual Memory
  - Episodic Memory (self in an episode of time)  
(Autobiographical Memory)

# Narrative Integration



# Attachment I: Relationships in Research (ISS: Infant Strange Situation) Studies

## Relationship Type

- B - Secure .....
- A - Avoidant.....
- C - Ambivalent .....
- D - Disorganized.....

## Parenting Behavior

- Responsive, Consistent
- Rejecting, Distant
- Inconsistent/Intrusive
- Frightening, Confusing, Fearful

# Attachment II: Adults Making Sense of Their Lives (Adult Attachment Interview)

| Adult Narrative-----       | → Child Attachment |
|----------------------------|--------------------|
| • F – Free/Secure-----     | -----Secure        |
| • Dis – Dismissing-----    | -----Avoidant      |
| • E-Entangled, Preoccupied | -----Anxious       |
| • U–Unresolved-----        | -----Disorganized  |
| Trauma or Grief            |                    |

# Attachment III: What do the different types of adult stories sound like?

- **Free** - flexible, coherent, self-reflective, balanced perspective
- **Dismissing** - incoherent, inflexible, minimize emotional significance, insist on lack of recall
- **Entangled** - preoccupation with past intrudes on present, intense idealization
- **Unresolved** - disorganization, disorientation around issues of grief or trauma

# State Integration

- Intra-state
- Inter-state
- “Self-State”
- “We-state”

# Interpersonal Integration

# Temporal Integration

# Time and the Brain

## Integration as Embracing of Opposites

- Certainty versus Uncertainty
- Permanence versus Transience
- Immortality versus Mortality



# Transpirational Integration

# Tran-Spi-Rational

- Across-Breathing
- Integration of Integration
- “Spirituality” as the seeking and creation of meaning and the awareness of being interconnected with a larger whole



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