
**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:

Cosilience and Knowledge

Science and Subjectivity

Inter-disciplinary Thinking

The notion of “Whole Elephant Thinking”

Defining the Approach

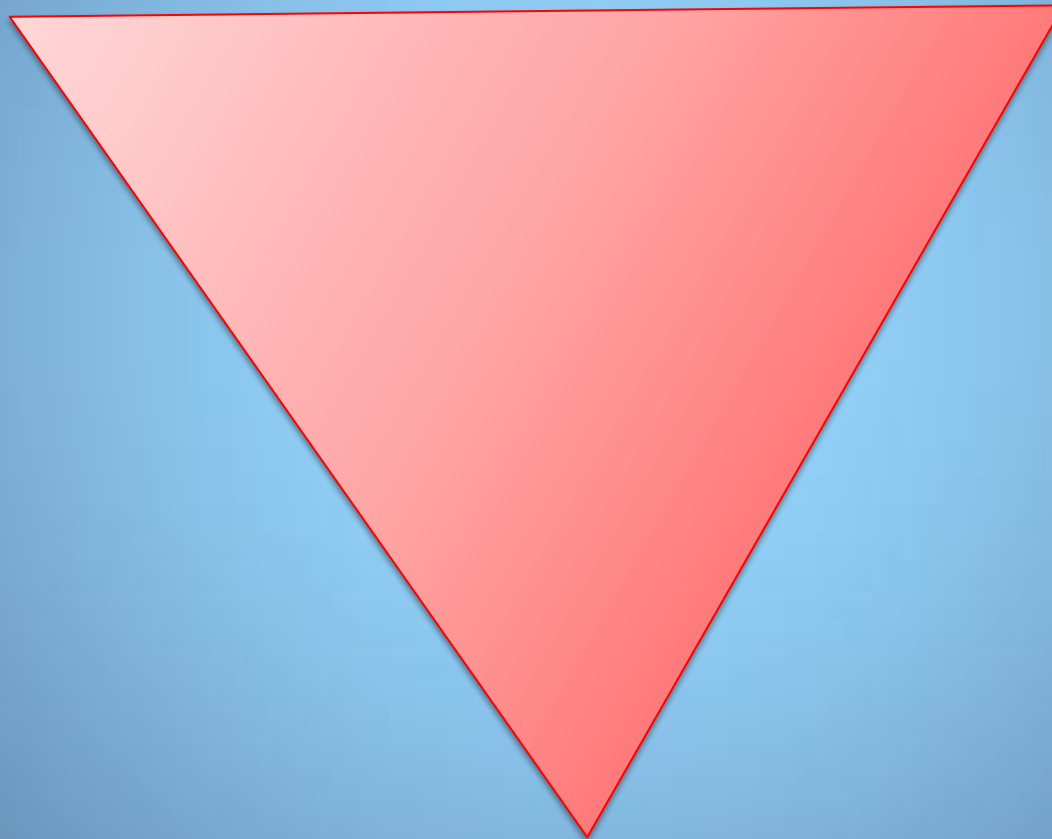
IPNB explores the fundamentals of:

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

A TRIANGLE OF WELL-BEING & RESILIENCE

MIND

BRAIN



RELATIONSHIPS

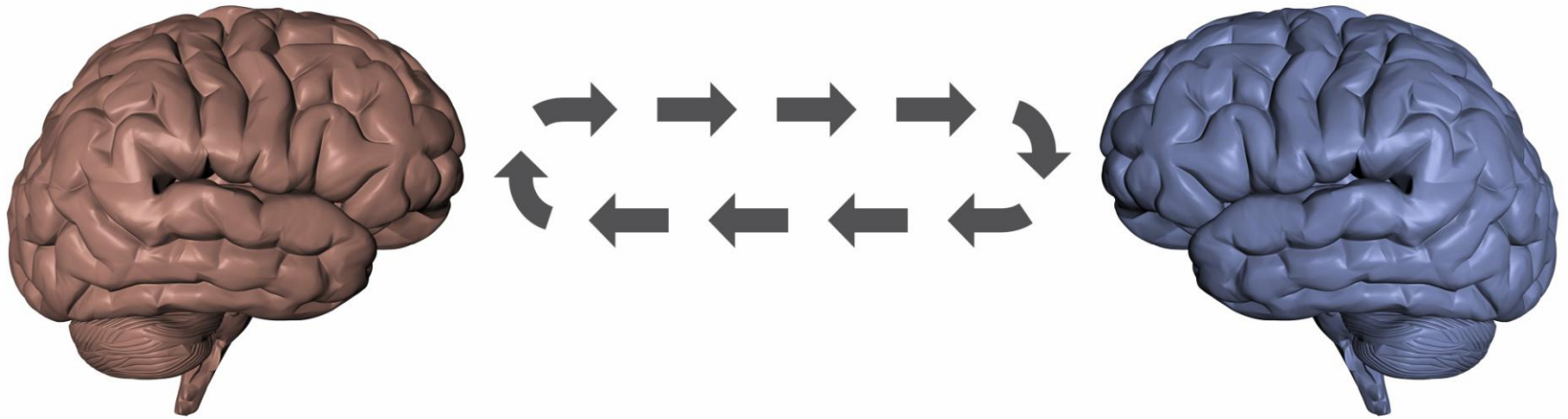


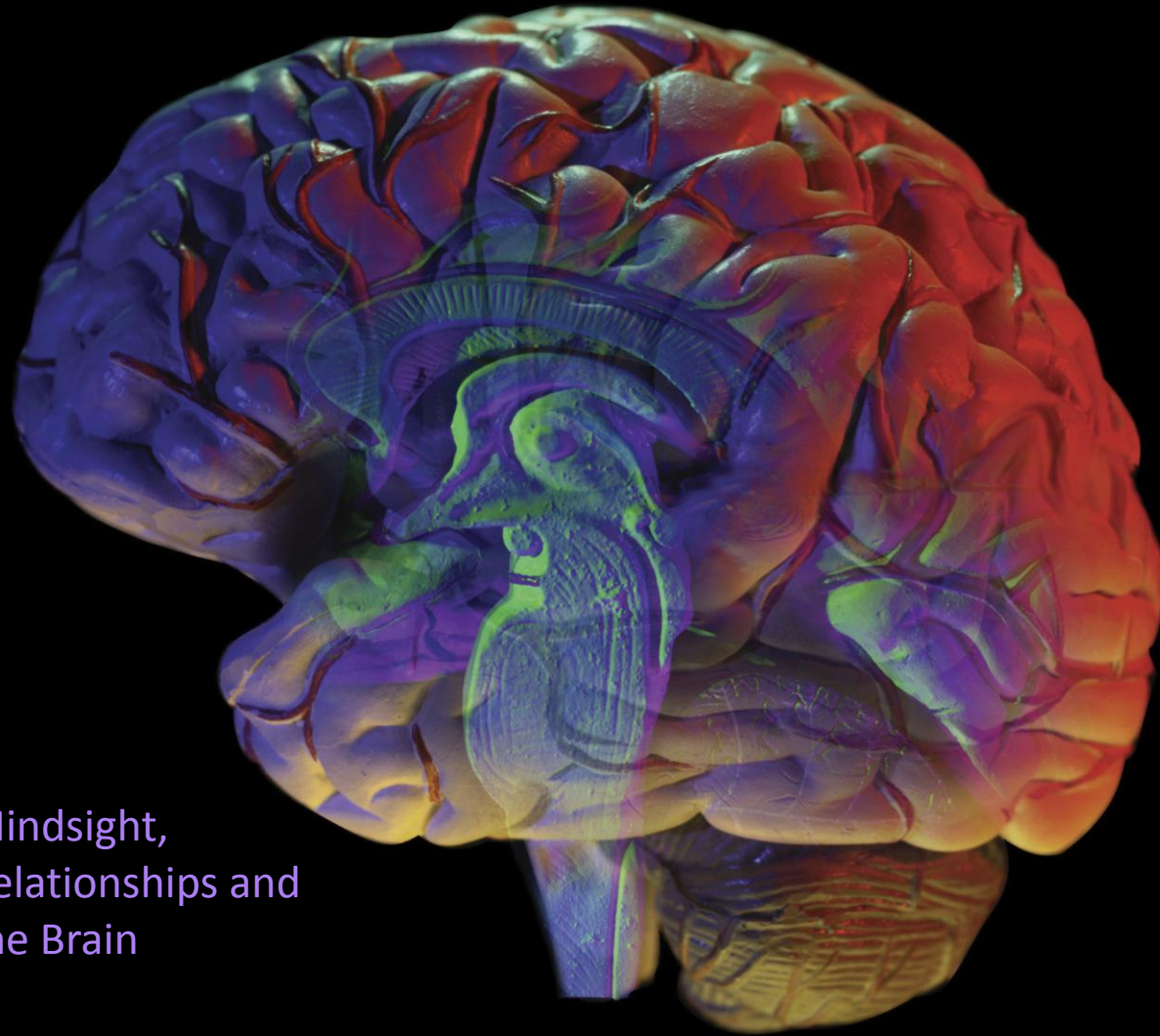


Inspire to Rewire



Mindsight and Neural Integration





Mindsight,
Relationships and
the Brain

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

CONSILIENCE

and

INTERDISCIPLINARY THINKING

IPNB and Learning

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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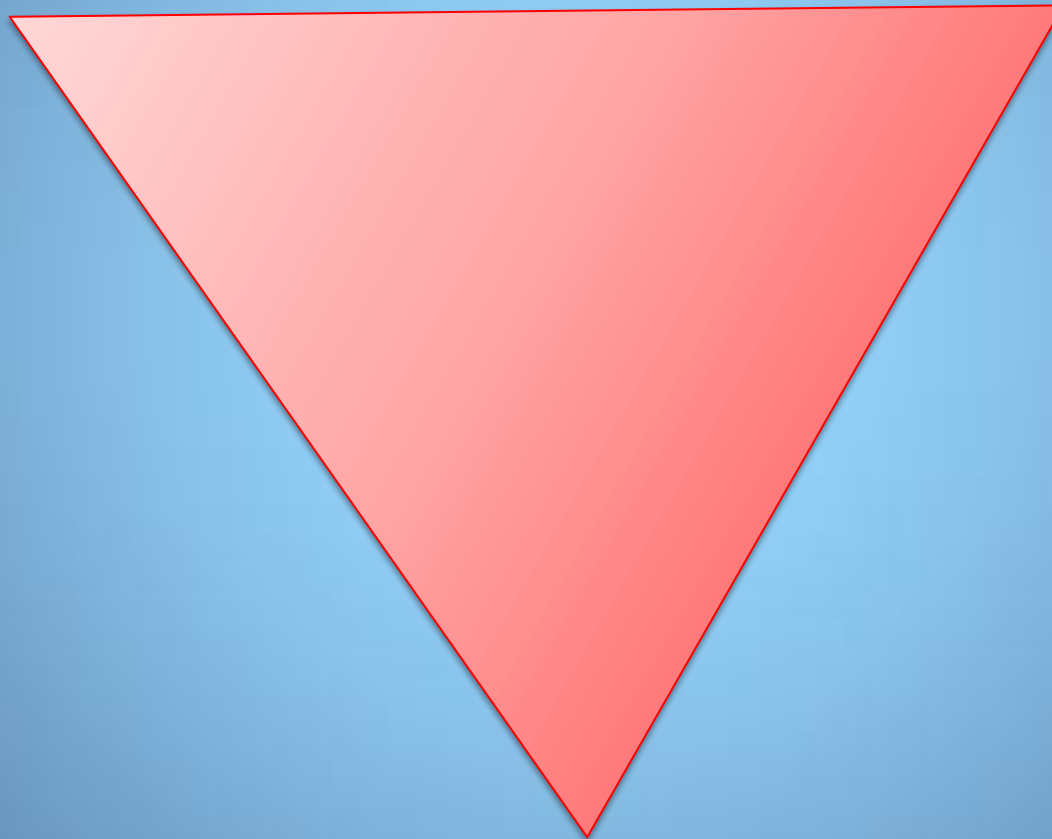
Seminar Summary

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

MIND

BRAIN



RELATIONSHIPS

Effective Learning

Embodied and Relational
Experience

Simple, Unexpected, Concrete, Credible
Emotional Stories
(*Made to Stick*: Heath Brothers)

→ Rewarding and Sustained Learning

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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

The Frame of IPNB



Subjectivity

Predictions, Practical Implications,
Clinical and Policy Applications

Science

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