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# **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

BRAIN



RELATIONSHIPS

- > 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

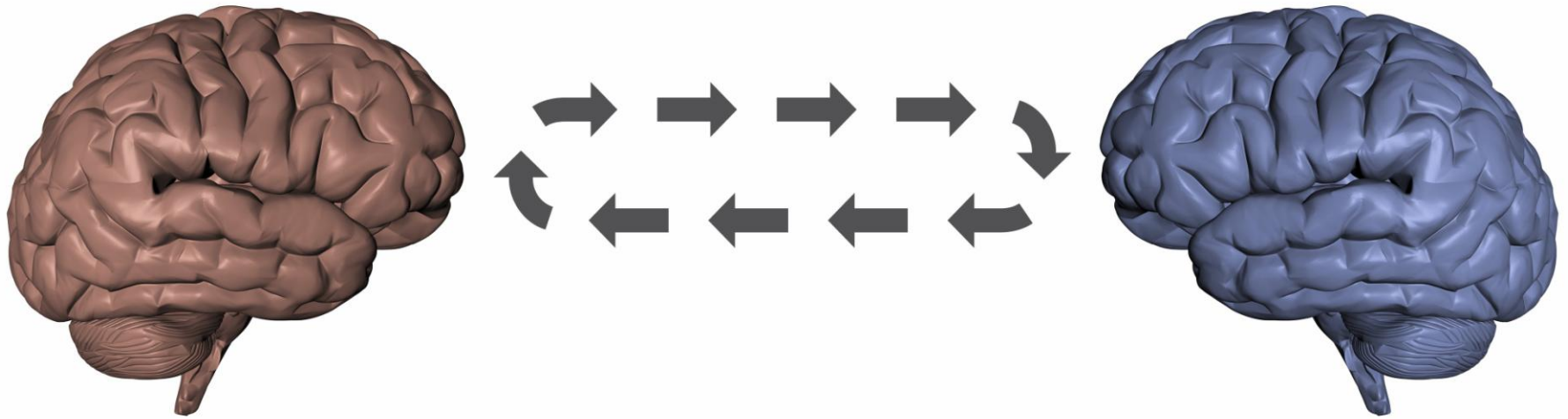
# Two Questions of Consilience

- 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



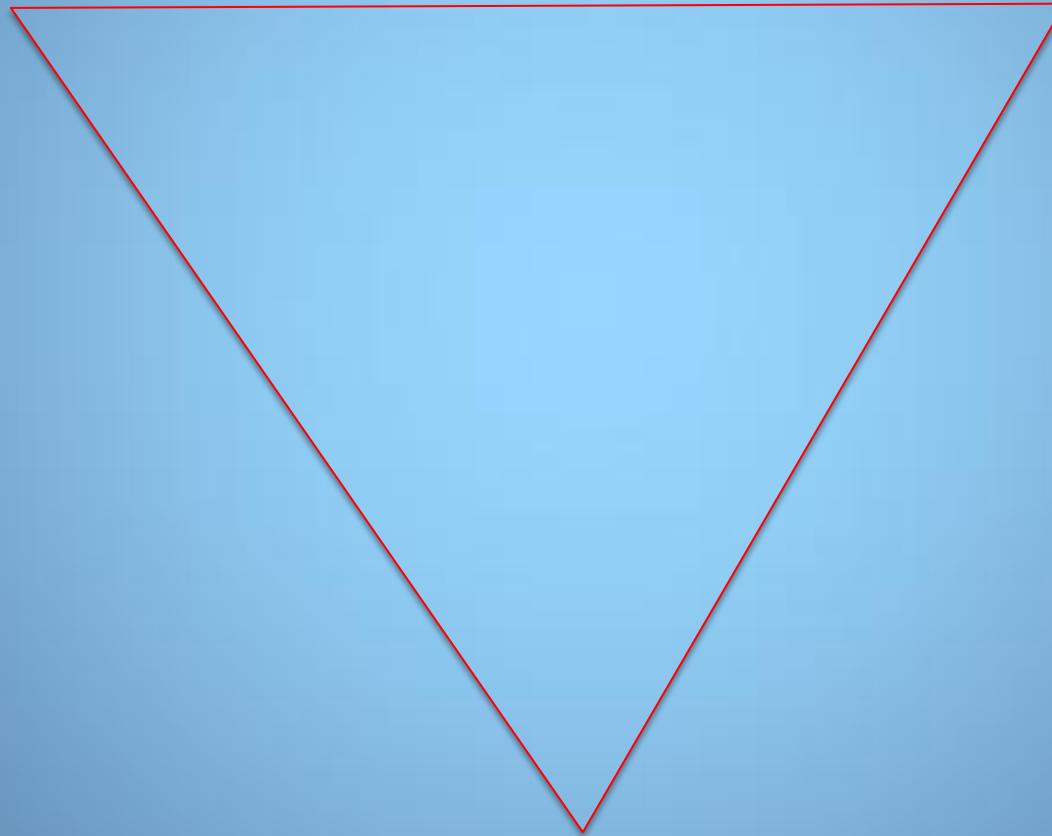
The Triangle of Health:  
Integration and  
& the Cultivation  
of Well-Being

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# WHAT CONNECTS RELATIONSHIPS, MIND, AND BODY/BRAIN?

MIND

(EMBODIED)  
BRAIN



RELATIONSHIPS

# 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



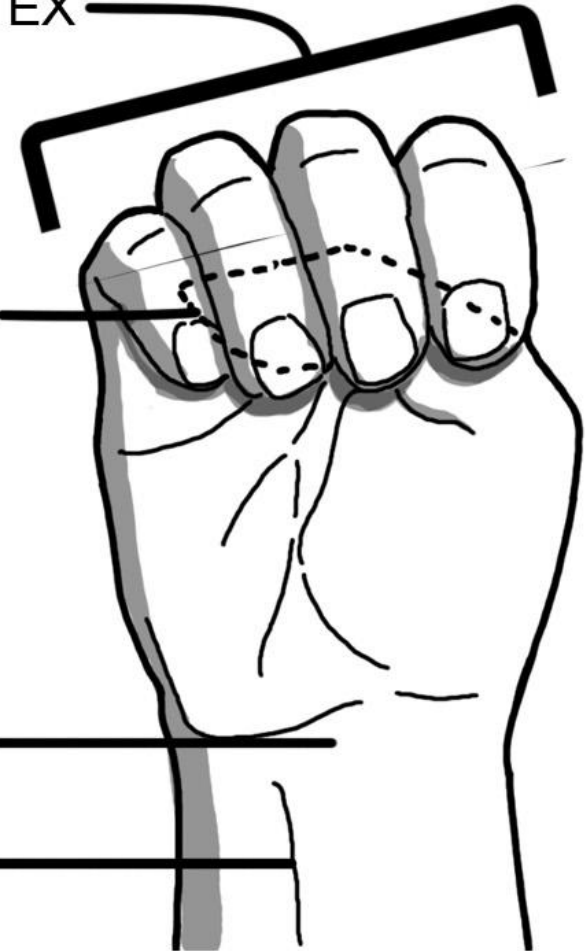
MIDDLE PREFRONTAL  
CORTEX

CEREBRAL CORTEX

LIMBIC REGIONS  
HIPPOCAMPUS  
AMYGDALA

BRAIN STEM,  
BASE OF SKULL

SPINAL CORD



## Cingulate

Left Cingulate Cortex

Right Cingulate Cortex

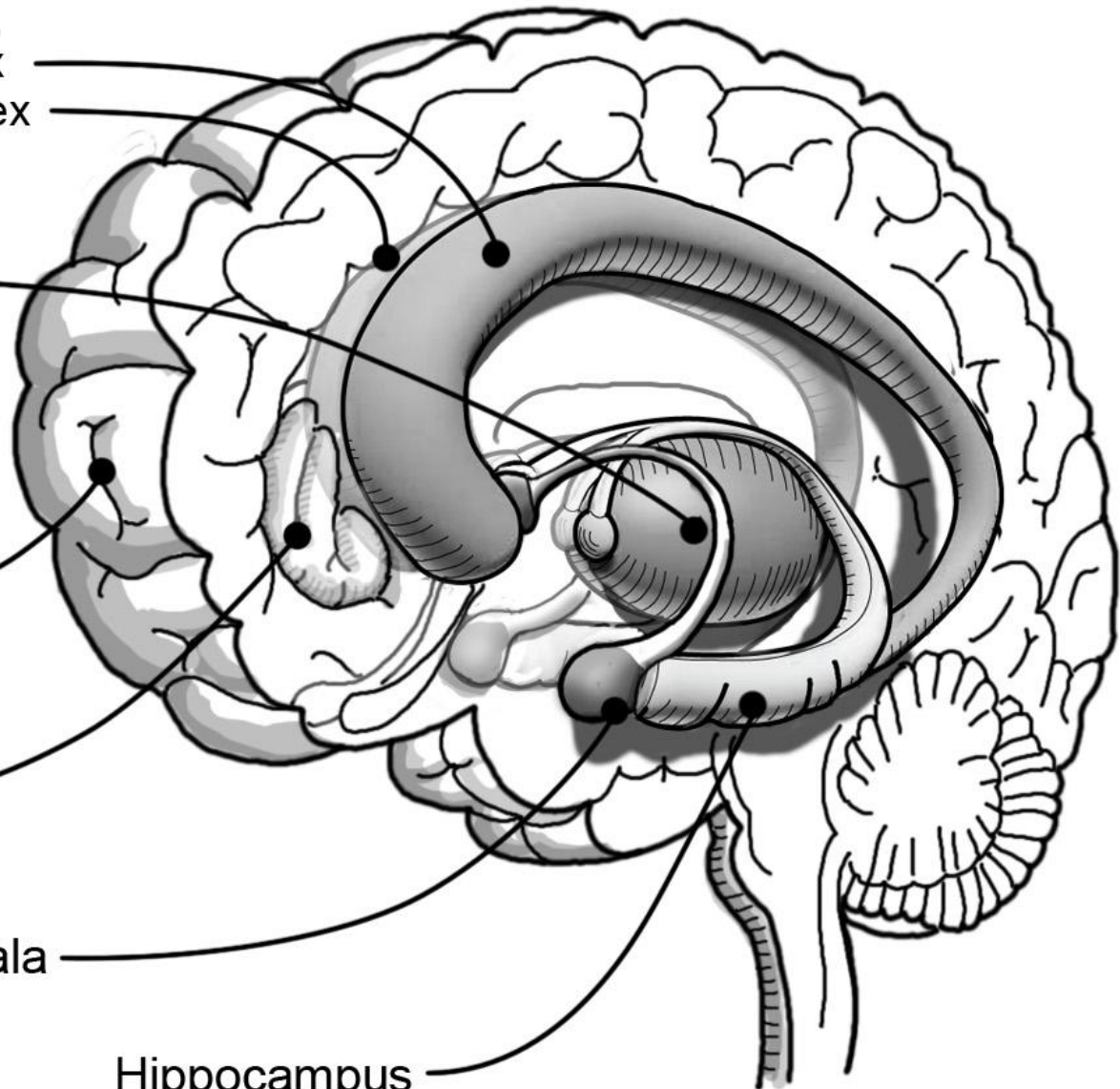
Thalamus

Middle  
Prefrontal  
Cortex

Insula

Amygdala

Hippocampus



**RELATIONSHIPS:** SHARING

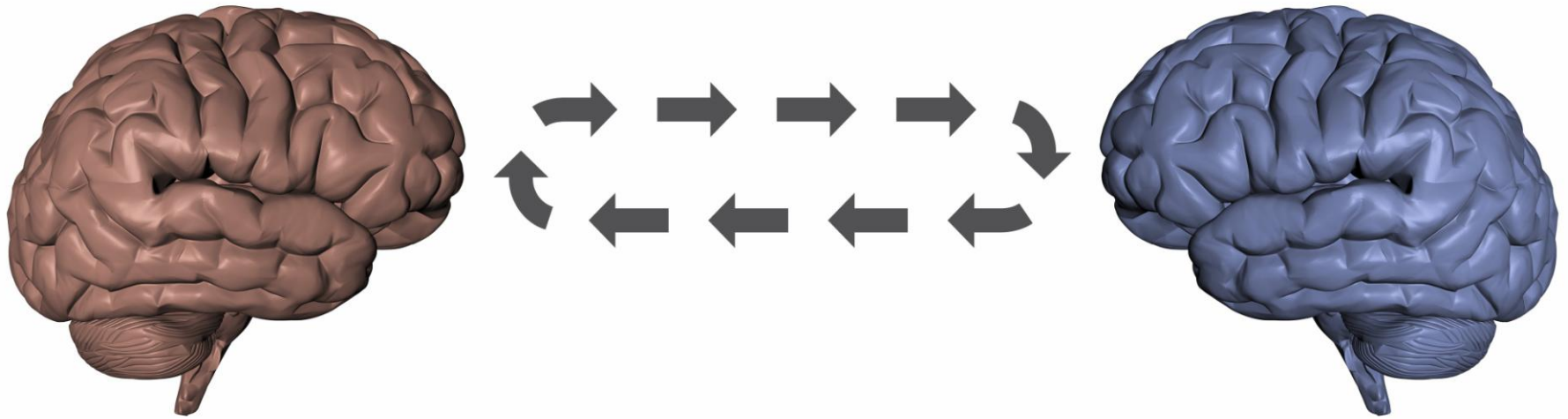
**“BRAIN”:** THE EMBODIED MECHANISM

**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