

# Learning Objectives

for Participating Health Care Professionals

## The Comprehensive Interpersonal Neurobiology (IPNB) Course

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At the end of the program, you will be better able to:

1. Describe what the mind is from an interpersonal neurobiology perspective
2. Describe how integration—the linkage of differentiated parts of a system—leads to optimal self-organization experienced as flexibility, adaptability, coherence (resilience across time), energy, and stability
3. Identify the role that mindsight – insight, empathy, and integration – plays in well-being and rewarding relationships
4. Describe how the brain develops and changes through relationships, consciousness, and neuroplasticity
5. Describe how relational connection influences the growth of connections in the brain
6. Describe how relational integration is the basis of neural integration, which is crucial for healthy relationships
7. Identify the role self-compassion plays in integration and well-being
8. Compare and differentiate among secure, ambivalent, avoidant, and disorganized attachment categories
9. Describe the scientific underpinnings of the view that integration is the basis of health and resilience
10. Identify the nine Domains of Integration
11. Discuss mental health challenges as impediments to integration in the form of chaos and rigidity
12. Identify the process of change toward well-being as opportunities for growth of integration
13. Utilize Bilateral, Vertical, and Memory Domains of Integration to promote self-understanding (and for diagnosis, treatment planning, and intervention, if you are a clinician)
14. Identify the roles of, and the relationship between, the left and right sides of the brain
15. List impediments to bilateral integration and describe how these impediments can lead to chaos or rigidity
16. Utilize practical techniques when working with clients to support the growth of bilateral integration
17. Analyze impairment of integration in memory processes in everyday life and in traumatic experiences
18. Describe the role of implicit and explicit memory in trauma resolution and health
19. Assess the “coherency of narrative”—how we have come to make sense of our lives—and identify how to cultivate mental adaptability
20. Describe “stress” from an IPNB lens in order to build resilience, grit, and a growth mindset
21. Discuss how to identify unresolved trauma or loss within the narrative process
22. Describe how an incoherence of narratives impacts the integration of states of mind
23. Describe how relational integration leads to neural integration
24. Analyze issues of mortality, uncertainty, and transience and the experience of the Arrow of Time in support of temporal integration
25. Describe how to support identity integration in ways that may cultivate more compassion and kindness, and reduce stress and distress

Continuing Education content level: Introductory