Welcome to Mindsight: Learning a New Science of Personal Transformation
Dan Siegel, M.D. and Lisa Firestone, Ph.D.

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Mindsight: Learning a New Science of Personal Transformation
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Mindsight: The capacity to “see,” or imagine, the mind of oneself or another, enabling an understanding of behavior in terms of mental processes. Other synonyms for this process are “mentalizing,” “theory of the mind,” “mind reading,” and “reflective function.”
Poll #1

How many of you have ever heard a definition of the mind?
A TRIANGLE OF HUMAN EXPERIENCE

MIND

RELATIONSHIPS

BRAIN

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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
The River of Integration
Poll #2

Have you ever heard of mirror neurons?
The Brain is a Social Organ

- The function of the brain is to engage with other people, other brains, in the shaping of its development over time and in shaping its activity in the present.

- Mirror Neurons and the capacity to develop empathy and insight = MINDSIGHT.
More on the Social Brain

- Our brains are extremely social. Areas involved in self-regulation overlap with those involved in interpersonal communication and plasticity.

- How one brain interacts with another has important effects on how the brain functions: Social interactions are one of the most powerful forms of experience that help shape how the brain gives rise to the mind.
Mindsight and Neural Integration
Brain Development: Inspire to Rewire

- Repeated Activation Creates, Strengthens and Maintains Connections:
  - “Neurons which FIRE together WIRE together”
- Development across the lifespan: plasticity, neural pathways and self-organization: Life-Long Learning!
- A simple idea: “Human connections shape neural connections”

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Curious
Open
Accepting
Loving

Interpersonal Neurobiology

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Poll #3
How many of you are familiar with Attachment Theory?
The Basics of Attachment II:

- When a child has a consistent experience of being seen, of “feeling felt” by the caregiver, the child develops well in their emotions, thinking, and relationships.

- Research suggests these attuned, sensitive communications shape the healthy development of the brain in ways that support future functioning: Early Moments Matter!
Secure Attachment Promotes:

- Flexible self-regulation
- Prosocial behavior
- Empathy
- Positive sense of emotional well-being and self-esteem
- Coherent life-story
Secure Attachment and Compassionate Connections

- Self-awareness allows us to meet life’s challenges with more flexibility and joy in our internal and interpersonal worlds

- We are ultimately connected to each other as part of a larger whole
The Brain in the Palm of Your Hand

- **Orbitofrontal Cortex**
  - Limbic Regions: Anterior cingulate, Hippocampus, Amygdala

- **Cerebral Cortex**
  - Orbitofrontal Part of the Prefrontal Cortex

Instructions:
- Place your thumb in the middle of your palm as in this figure.
- Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

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Poll #4

How many of you can remember a time when your parents “flipped their lid” with you?
Ruptures in Our Relationships: The Low Road and the Vital Importance of Repair

- Temporarily Disengaging the Middle Aspect of the Prefrontal Cortex........

dissolves the nine functions of the middle PFC including:

*Body Regulation, Attunement, Emotional Balance, Response Flexibility, Fear Modulation, Insight, Empathy, Morality, and Intuition*
9 Important Functions of the Pre-Frontal Cortex

1. Body Regulation
2. Attunement
3. Emotional Balance
4. Response Flexibility
5. Empathy
6. Self-Knowing Awareness (Insight)
7. Fear Modulation
8. Intuition
9. Morality

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From Parenting from the Inside Out

Initiating Repair

The goal is to make a coherent story:

- Dual focus of repair in the parent: on what you experience and what your child experiences from his/her point of view
- Getting on the same physical level as your child
- Make a non-intrusive, empathetic attempt at the repair process
- Respect your child’s style
- Be neutral, not blaming or judging
- Do not interrogate
- Be open to the child’s point of view and encourage him/her to express it
- Do not be defensive/ Do not invalidate your child’s experience
- Listen to your child’s experience before you share your own
- Reflect back the child’s experience
- Explain melt downs to your child - people do temporarily “lose their minds”

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Practices of Integrative Communication

• Awareness. Be mindful of your own feelings and bodily responses and others’ nonverbal signals.

• Attunement. Allow your own state of mind to align with that of another.

• Empathy. Open your mind to sense another’s experience and point of view.

• Expression. Communicate your internal responses with respect; make the internal external.

• Joining. Share openly in the give-and-take of communication, both verbally and nonverbally.

• Clarification. Help make sense of the experience of another.

• Sovereignty. Respect the dignity and separateness of each individual’s mind.
Poll #5
How many of you feel you could use these techniques...
-When talking to your partner?
-When talking to your child?
Integration

The Linkage of Differentiated Elements of a System
Nine Domains of Integration

- Consciousness
- Bilateral
- Vertical
- Memory
- Narrative

- State
- Interpersonal
- Temporal
- Transpirational
The Integration of Consciousness
Poll #6

Do you do some type of meditation?
- None
- A little
- A lot
- Regular practice
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)
Principles of Neuroplasticity

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

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Resources

- Parenting from the Inside Out (Book and Workshop DVD with Mary Hartzell)
- DrDanSiegel.com
- The Developing Mind
- Mindsight
- The Mindful Brain
- The Mindful Therapist

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Upcoming Webinars
Featuring Dr. Pat Love

Love in the Time of Twitter: Relationships and the New Social Media (CE)
Tuesday, August 9, 2011
4:00 PM - 5:30 PM PDT
Learn more or register here - http://www.psychalive.org/2011/04/psychalive_webinars/

Love in the Time of Twitter: Keeping Relationships Strong in the Age of Social Media
Tuesday, September 20, 2011
11:00 AM - 12:00 PM PDT
Learn more or register here - http://www.psychalive.org/2011/04/psychalive_webinars/

Visit www.psychalive.org for more information or to register for additional webinars.

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Upcoming Webinars on Suicide Prevention

Suicide: What Therapists Need to Know (CE)
Tuesday, September 6, 2011
11:00 AM - 12:30 PM PDT
Contact Jina@glendon.org to learn more or register

Understanding and Preventing Suicide
Tuesday, September 27, 2011
11:00 AM - 12:00 PM PDT
http://www.psychalive.org/2011/04/psychalive_webinars/

Visit www.psychalive.org for more information or to register for additional webinars.
Upcoming Webinars Featuring Dr. Donald Meichenbaum

Road Map to Resilience: Ways to Bolster Resilience and Well-being
Monday, November 14, 2011
11:00 AM - 12:00 PM PDT
Learn more or register here http://www.psychalive.org/2011/04/psychalive_webinars/

Treatment of Individuals with PTSD, Complex PTSD and Comorbid Disorders: A Life-Span Approach (CE)
Tuesday, November 15, 2011
11:00 AM - 12:30 PM PDT
Learn more or register here - http://www.psychalive.org/2011/04/psychalive_webinars/

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Upcoming Webinars on Overcoming Depression

Innovative Approach to Treating Depression (CE)
Tuesday, October 11, 2011
11:00 AM - 12:30 PM PDT
Contact Jina@glendon.org to learn more or register

The Critical Inner Voice That Causes Depression
Tuesday, December 6, 2011
11:00 AM - 12:00 PM PDT
Learn more or register here
http://www.psychalive.org/2011/04/psychalive_webinars/

Visit www.psychalive.org for more information or to register for additional webinars.
For information on this webinar contact:

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