



THE GLENDON
ASSOCIATION

presents



Relationships and the Roots of Resilience

Dan Siegel, M.D. and Lisa Firestone, Ph.D.

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Dan Siegel, M.D.

Executive Director of the
Mindsight Institute

inspire to rewire®

Dr. Dan Siegel



www.drdansiegel.com
www.mindsightinstitute.com



Lisa Firestone, Ph.D.

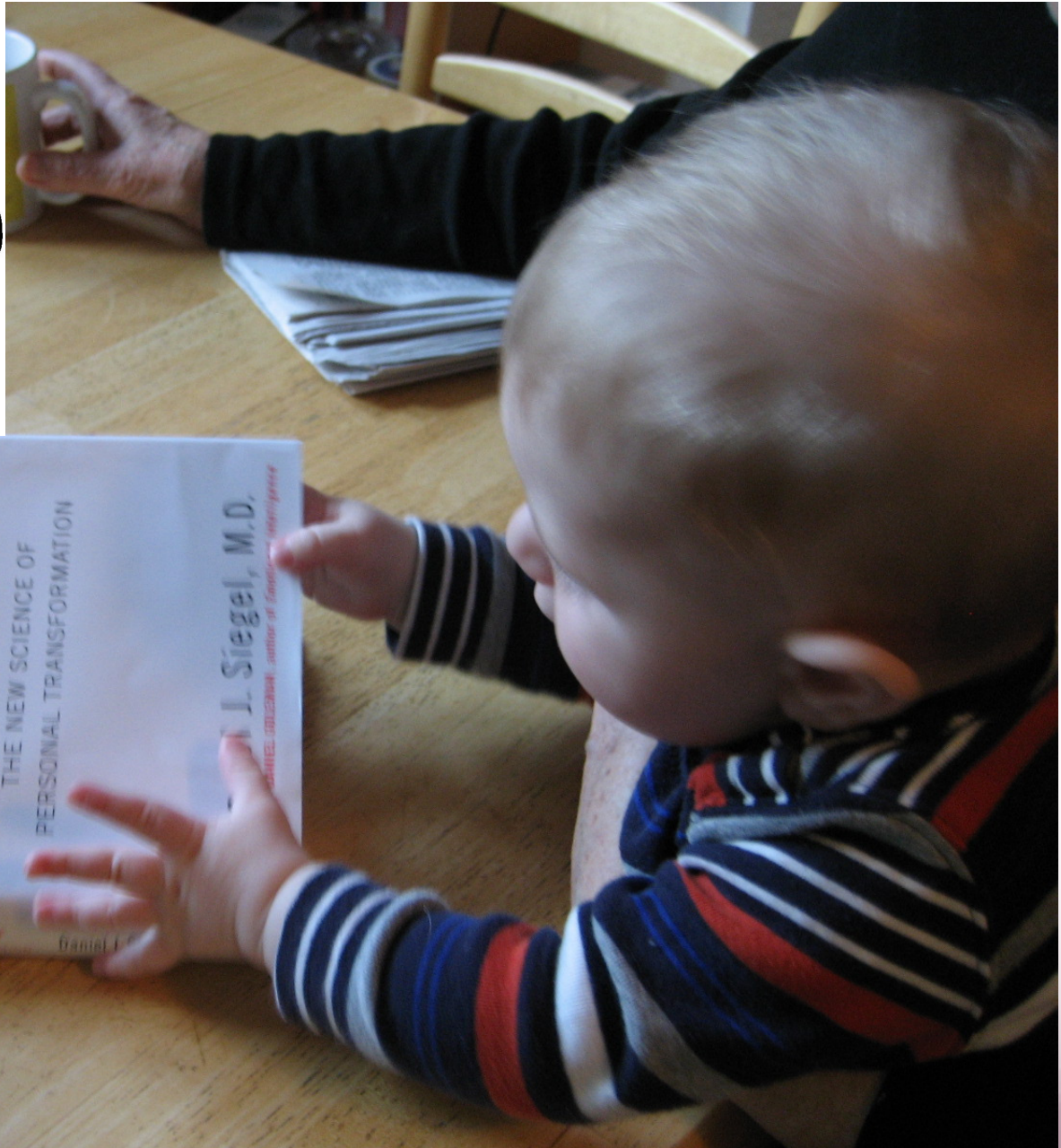
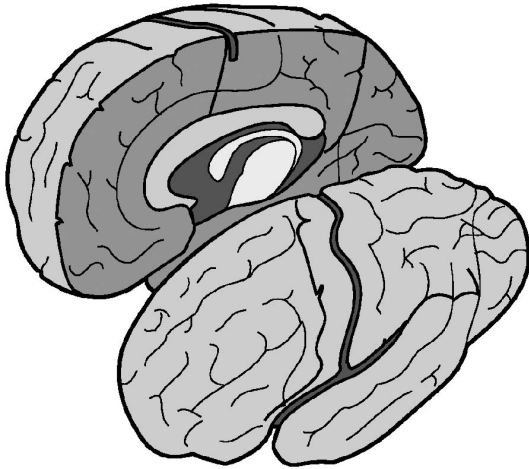
Director of Research and
Education at The Glendon
Association

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

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Poll #1

How many of you have ever
had a class on mental health?

A TRIANGLE OF HUMAN EXPERIENCE

MIND

BRAIN



RELATIONSHIPS

Poll #2

Have you ever been given
a definition of the mind?

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)



From Parenting from the Inside Out Knowing Minds

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.”



Monitor to Modify

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 #3

How many of you have 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

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”



Interpersonal Neurobiology

C urious

O pen

A ccepting

L oving



Poll #4

How many of you are familiar
with Attachment Theory?



Part I: How Parents Influence Their Kids

Does our past influence
our parenting?



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!

Relationships in Research Studies

Relationship Type

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

Parenting Behavior

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

Adults Making Sense of Their Lives: What Science Reveals (Adult Attachment Interview)

Adult Story

→ Child Attachment

- | | |
|---------------------------|-------------------|
| • Free/Secure----- | -----Secure |
| • Dismissing----- | -----Avoidant |
| • Entangled, Preoccupied- | -----Anxious |
| • Unresolved----- | -----Disorganized |
- Trauma or Grief

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



What causes insecure attachment?

❖ Unresolved trauma/loss in the life of the parents statistically predict attachment pattern far more than:

- Child Temperament
- Social Status
- Culture



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



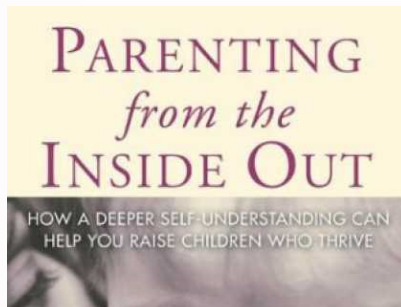


Help Parents Identify the Moments When They “Lose It” With Their Kids





Help Parents Identify the Moments When They “Lose It” With Their Kids



What triggers them?

■ Examples:

- Running late
- Inappropriate public displays
- Tantrums
- Our own stress





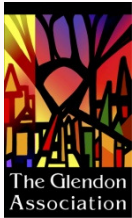
Implicit Versus Explicit Memory

❖ Implicit Memory



❖ Explicit Memory

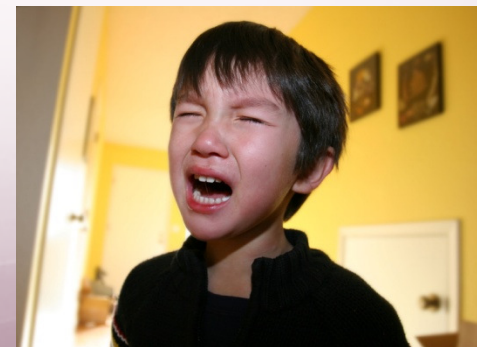
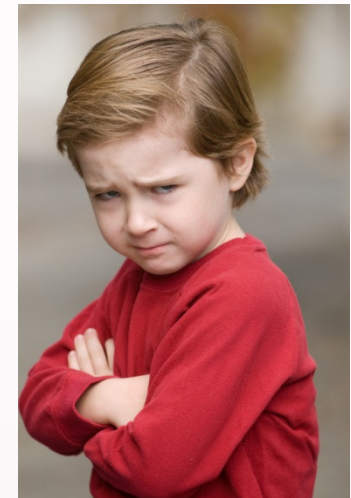
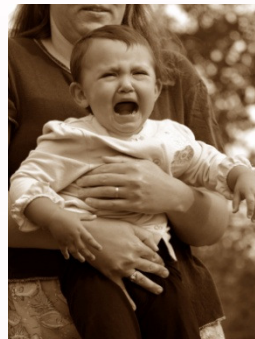


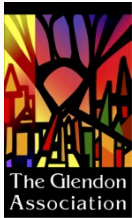


How does disorganized attachment pass from generation to generation?

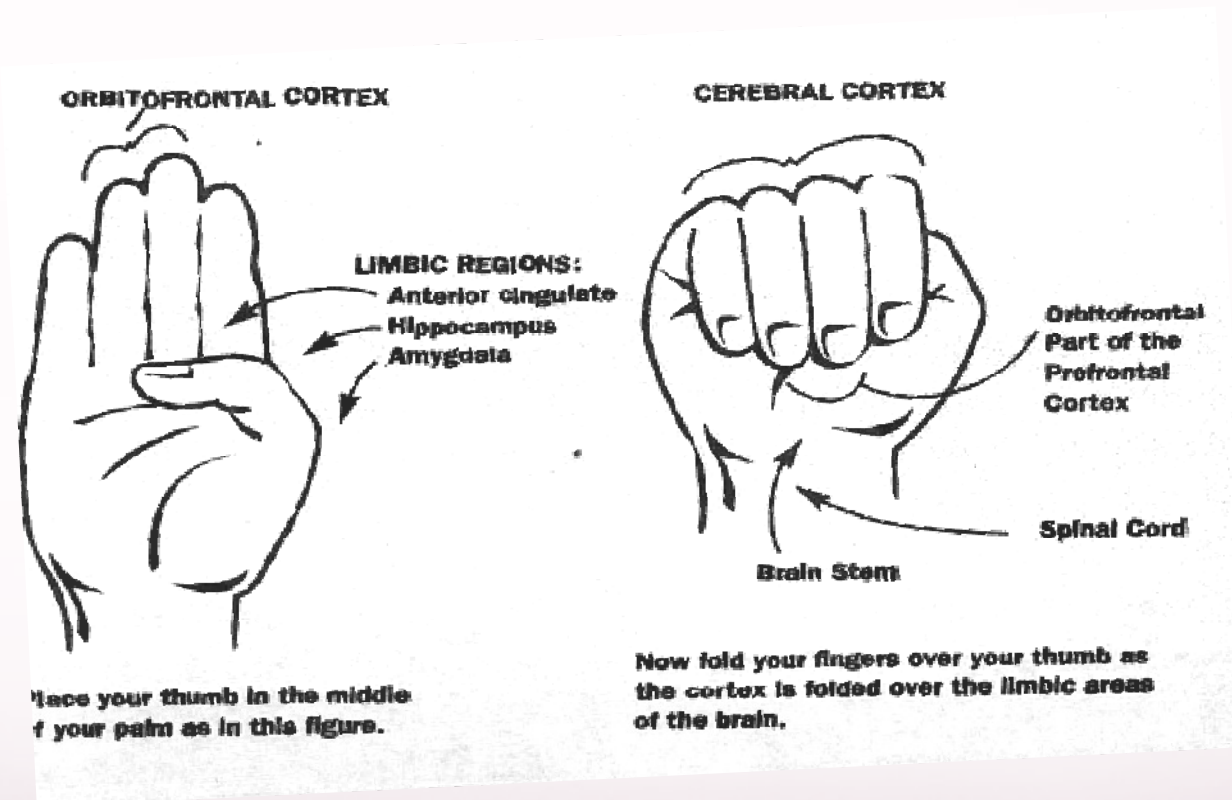
❖ Implicit memory of terrifying experiences may create:

- Impulsive behaviors
- Distorted perceptions
- Rigid thoughts and impaired decision making patterns
- Difficulty tolerating a range of emotions





The Brain in the Palm of Your Hand



Ruptures in Our Parenting: 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





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"





From Parenting from the Inside Out

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?
- Teaching your clients to use these practices?



Integration

Linkage of differentiated parts

Becoming a “we” while being yourself





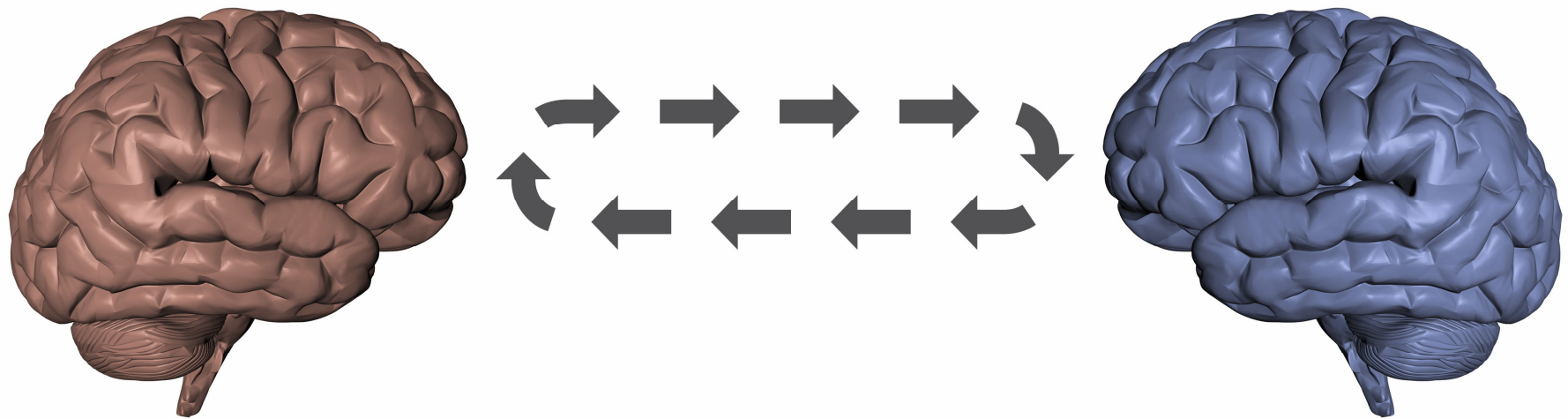
Differentiation and Linkage

Linkage
(emotional closeness)



Differentiation
(individuation as an individual)

Mindsight and Neural 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

Nine Domains of Integration

- Consciousness
- Bilateral
- Vertical
- Memory
- Narrative
- State
- Interpersonal
- Temporal
- Transpirational

The Domains of Integration

- The Concept of Integration and
- Clinical Case Examples

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.

Poll #6

Do you feel you could conceptualize your clients difficulties/ symptoms as examples of rigidity or chaos or both?

Examples of Impaired Neural Integration

- Developmental Trauma - MRI (Teicher et al)
- Autism, Schizophrenia - rsfMRI (Raichle et al)
- Bipolar Disorder – MRI (Blumberg et al)
- OCD – PET (Baxter, et al)

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

Poll #7

How many of you incorporate these strategies
into your clinical practice?

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

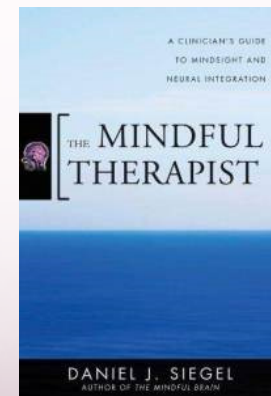
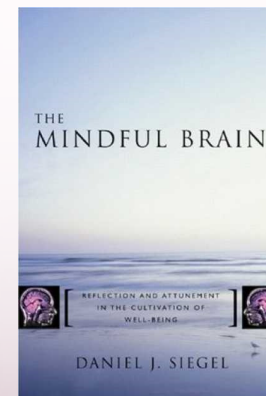
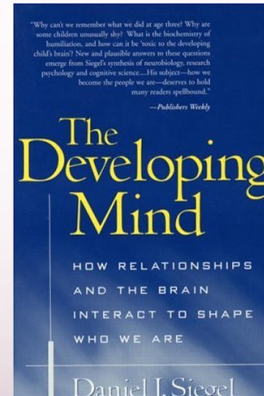
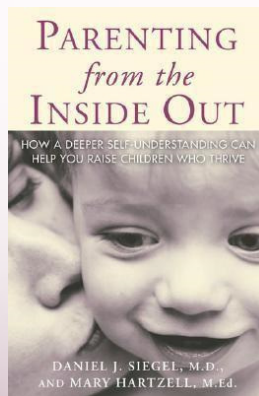
- The Brain (Davidson et al) (Lazar et al)
- The Immune System (Davidson et al)
- Sense of Well-Being (Kabat-Zinn et al)
- Attention (Jha, et al)
- Relational Function (Shapiro, et al)

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*

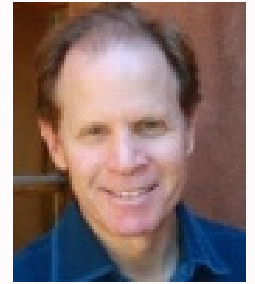
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Dr. Dan Siegel





Upcoming Webinars Featuring Dr. Dan Siegel



Mindsight: Learning a New Science of Personal Transformation

Tuesday, June 14, 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.



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

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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

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Understanding and Preventing Suicide

Tuesday, September 27, 2011

11:00 AM - 12:00 PM PDT

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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

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- ❖ A recording of this webinar will also be available online. Those unable to attend this live webinar may view the recording and complete the evaluation form to receive 1.5 CE Units for \$35. A link to this recording will be sent to you as soon as it's available.