BRAINSTORM
The Power and Purpose of the Teenage Brain

With Daniel Siegel, M.D.
POLL #1

Are you:
A parent of an adolescent?
A professional who works with adolescents?
An adolescent (12-24 years old)?
Other?
THE BENEFITS AND CHALLENGES OF ADOLESCENCE

1. Novelty seeking
2. Social engagement
3. Increased emotional intensity
4. Creative exploration

From Brainstorm: The Power and Purpose of the Teenage Brain
ESSENCE OF ADOLESCENCE

E-motional
S-park
S-social
E-ngagement
N-ovelty
C-reative
E-xploration

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POLL #2

Are you familiar with mindsight?

Yes, very
Yes, somewhat
Not very familiar
Not familiar at all

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MINDSIGHT

Insight
Empathy
Integration

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SIFTING THE MIND

S-ensing
I-mages
F-eelings
T-houghts

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THE RIVER OF INTEGRATION
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.
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
“NAME IT TO TAME IT”

I feel pressured.

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THE ELABORATED WHEEL OF AWARENESS

- Sixth Sense: "Body sense"
- First Five Senses
- Spoke
- Rim
- Seventh Sense: "Mental Activity"
- Eighth Sense: "Connection to others - expansive"
FROM Brainstorm: The Power and Purpose of the Teenage Brain

POLL #3

Are you familiar with attachment theory?

Yes, very
Yes, somewhat
Not very familiar
Not familiar at all
THE WAYS WE ATTACH

Secure model
Avoidant model
Ambivalent model
Disorganized model

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QUESTIONS FOR REFLECTION ON ATTACHMENT

BACKGROUND
- What is (was) it like growing up in your family?
- Who is (was) in your family?

RELATIONSHIPS
- Do (did) you get along well with your parents and others in your family?
- How have your relationships in your family changed over time?

SEPARATION
- Can you remember your first time being separated from your parents?

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QUESTIONS FOR REFLECTION ON ATTACHMENT

DISCIPLINE
• What ways do (did) your parents respond to your behaviors to teach you how to behave?

FEAR AND THREAT
• Have you ever felt threatened by your parents?

LOSS
• Has anyone significant in your life died?

EMOTIONAL COMMUNICATION
• How do (did) your parents communicate with you when you are (were) happy and excited?

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QUESTIONS FOR REFLECTION ON ATTACHMENT

SAFE HARBOR
• Are (were) there relationships you can (could) turn to or places you can (could) rely on to help you feel comforted at difficult times?

LAUNCHING PAD
• How do (did) your parents support your explorations away from them or outside your home?
QUESTIONS FOR REFLECTION ON ATTACHMENT

NOW
• What does your relationship look like now with your parents?

FUTURE
• What would you wish for yourself in your future relationships?

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PRACTICES BASED ON DIFFERENT ATTACHMENT PATTERNS...
“There is a fear that keeps us alive… and a fear that keeps us from living.”
The Healthy Mind Platter

SLEEP TIME  PHYSICAL TIME  FOCUS TIME
TIME IN  DOWN TIME  PLAY TIME  CONNECTING TIME

The Healthy Mind Platter, for Optimal Brain Matter

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Interpersonal Neurobiology

Curious

Open

Accepting

Loving
BRAINSTORM
The Power and Purpose of the Teenage Brain

http://drdansiegel.com/books/brainstorm/
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