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

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presents

Mindsight: Learning a New Science of Personal Transformation

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



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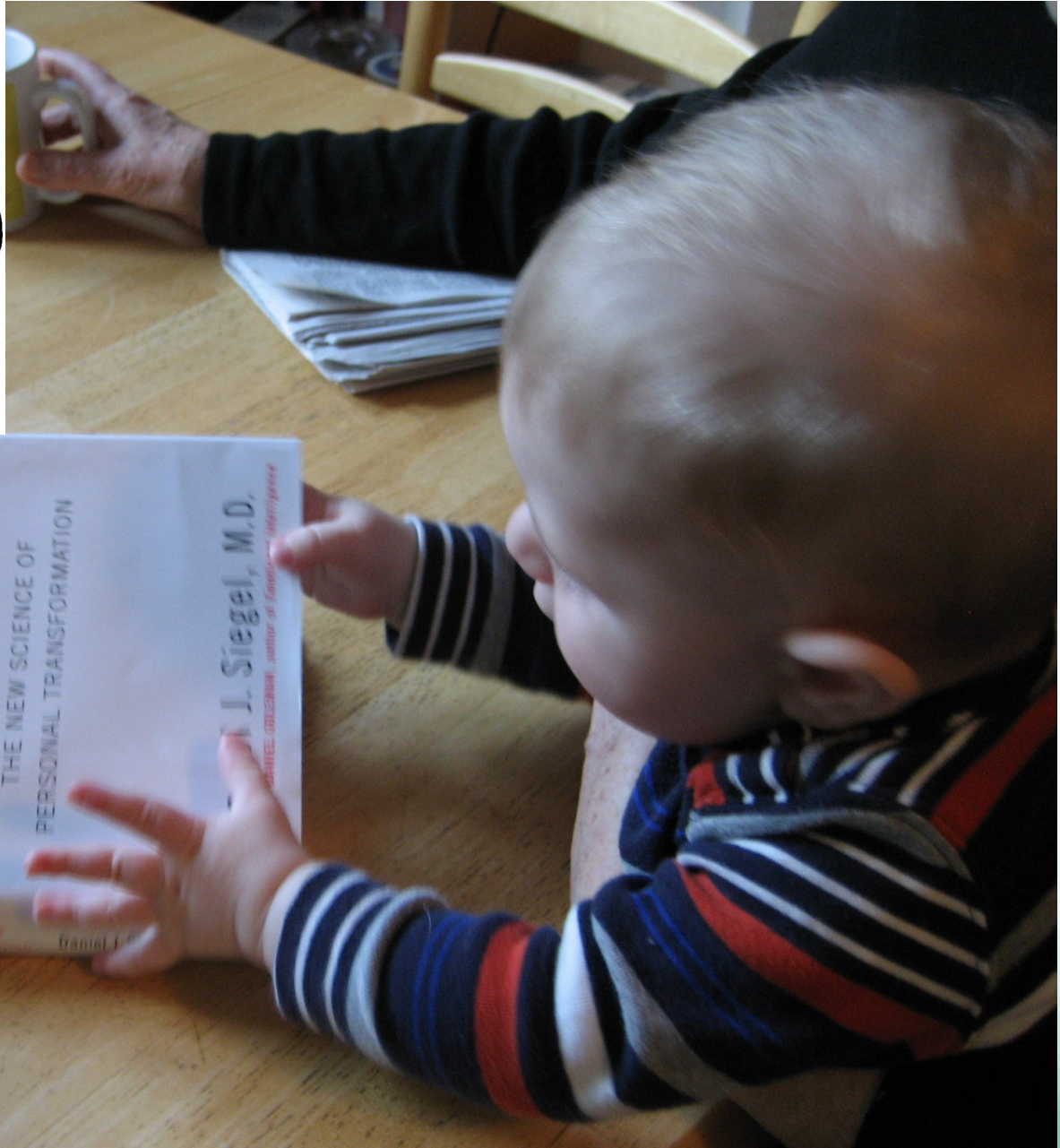
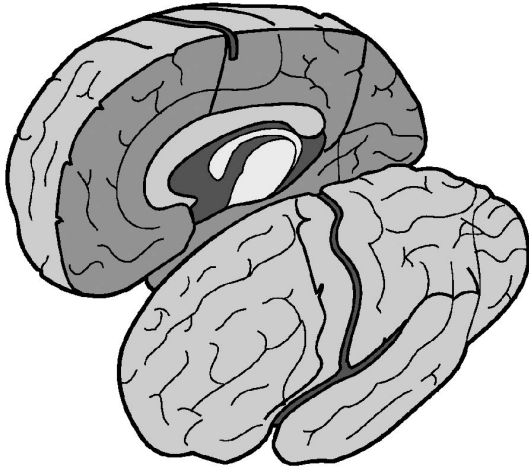
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Director of Research and
Education at The Glendon
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PSYCHALIVE



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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

Poll #1

How many of you have ever heard a definition of the mind?

A TRIANGLE OF HUMAN EXPERIENCE

MIND

BRAIN



RELATIONSHIPS

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

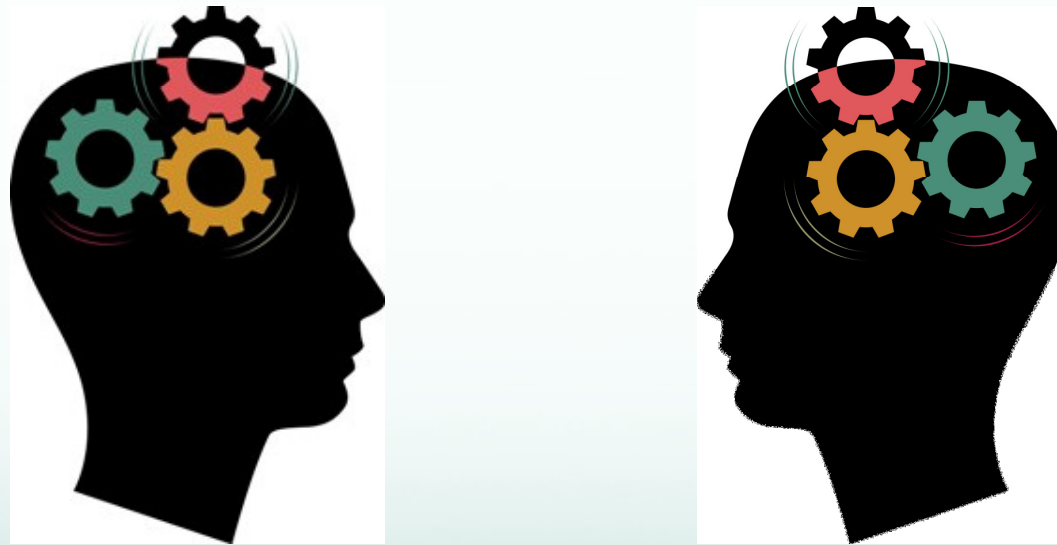


Poll #2

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

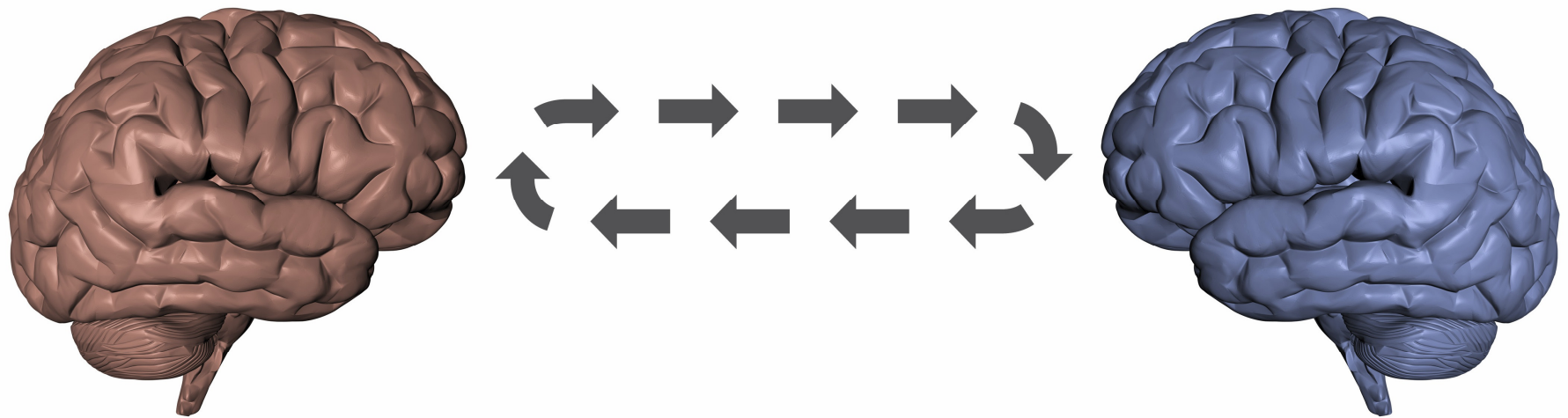


More on the Social Brain

- 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”



Interpersonal Neurobiology

Curious

Open

Accepting

Loving



Poll #3

How many of you are familiar with
Attachment Theory?

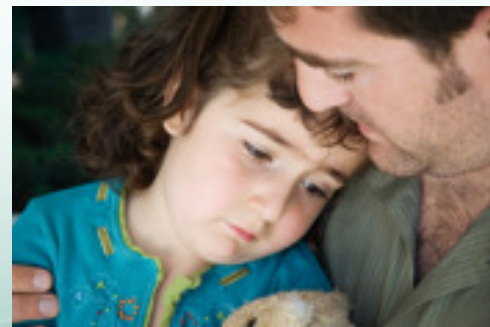
The Basics of Attachment II:

- 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:

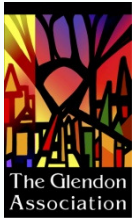
- Flexible self-regulation
- Prosocial behavior
- Empathy
- Positive sense of emotional well-being and self-esteem
- Coherent life-story



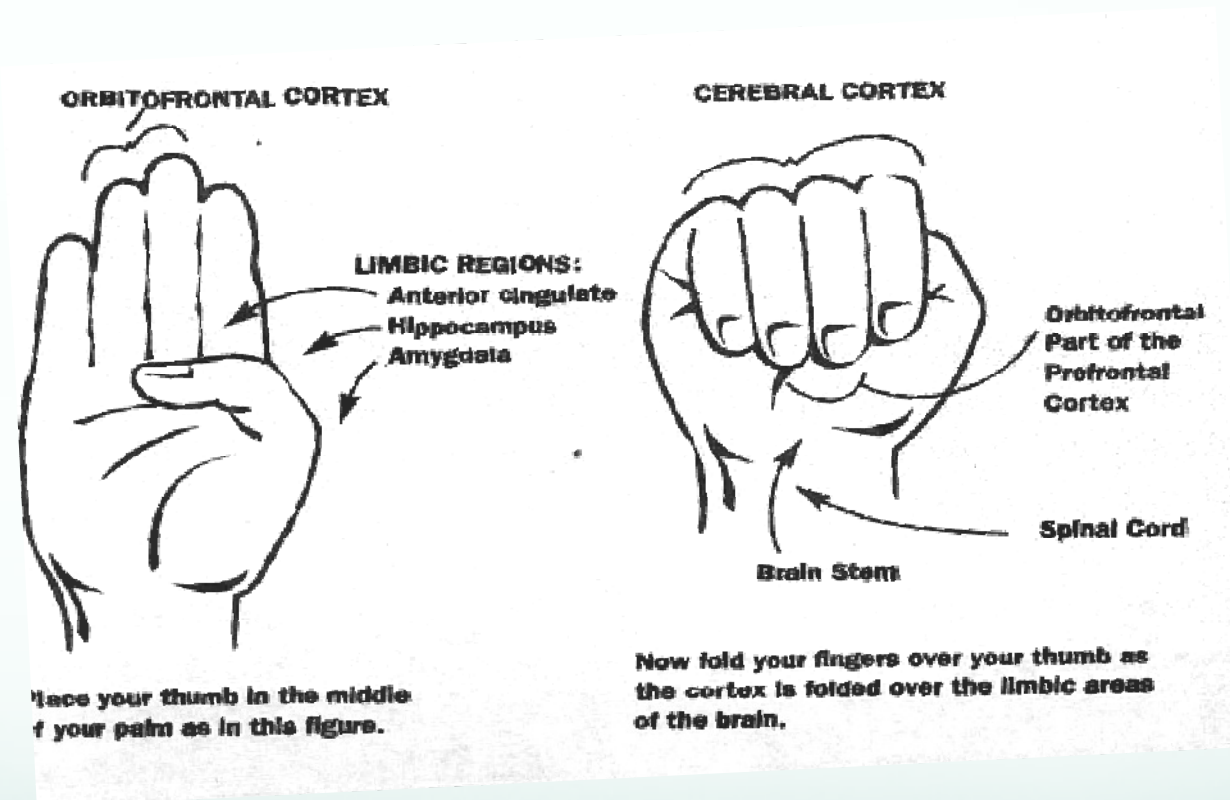
Secure Attachment and Compassionate Connections

- 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



Poll #4

How many of you can remember a time when your parents “flipped their lid” with you?

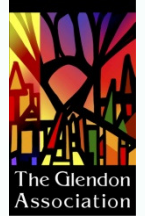
Ruptures in Our Relationships: The Low Road and the Vital Importance of Repair

- 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





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?

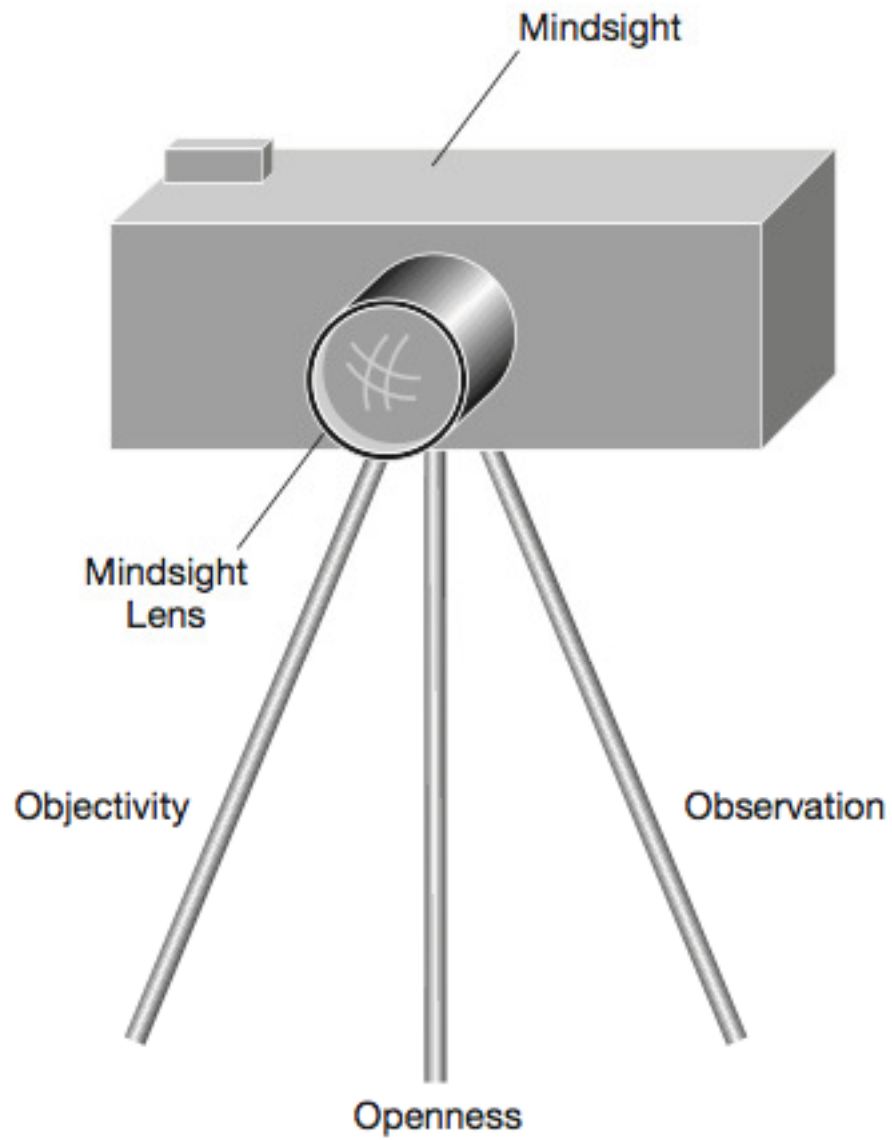
Integration

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

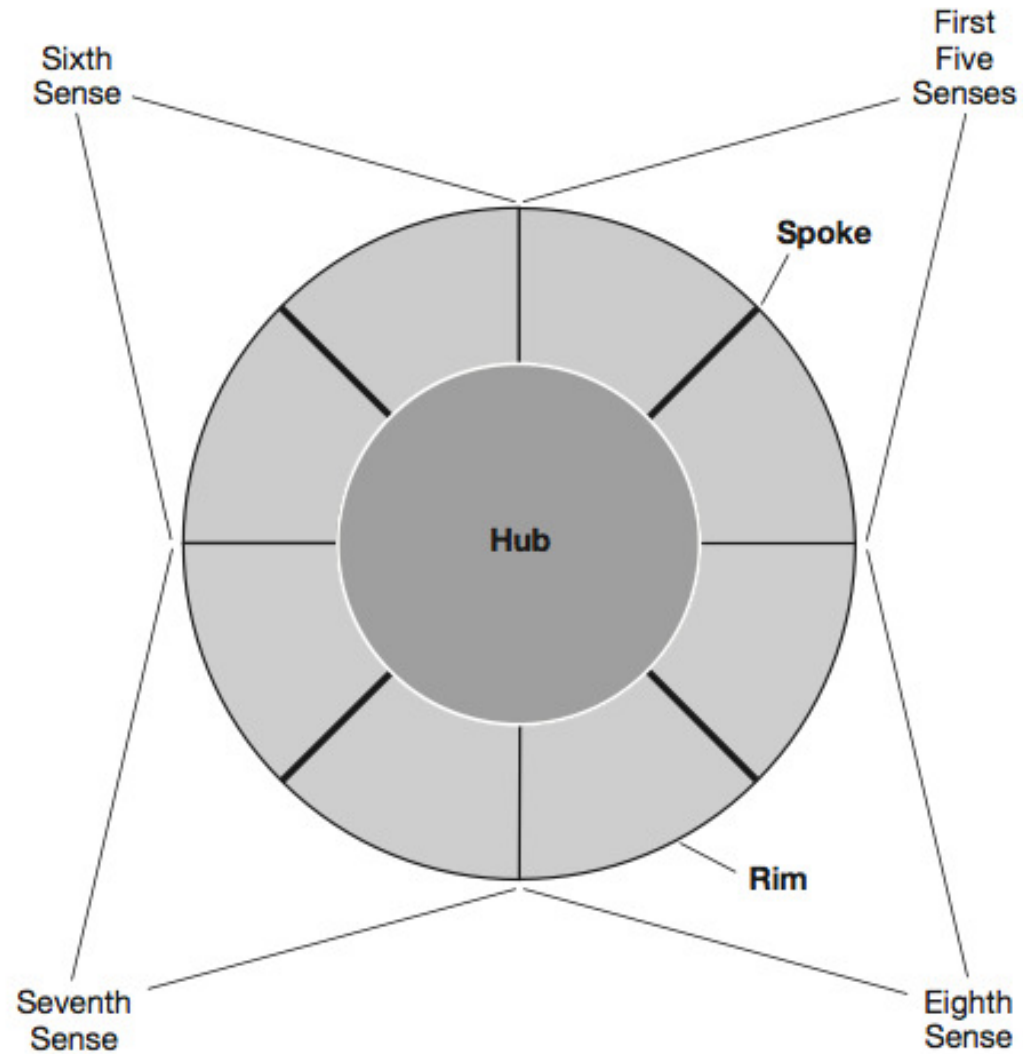
Do you do some type of meditation?

- 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)

The Wheel of Awareness



Principles of Neuroplasticity

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



The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

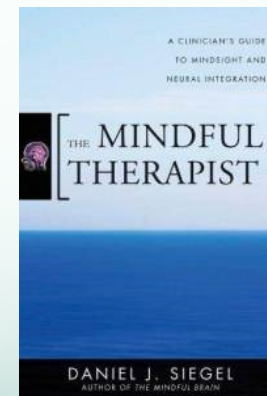
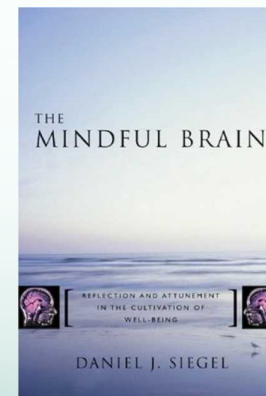
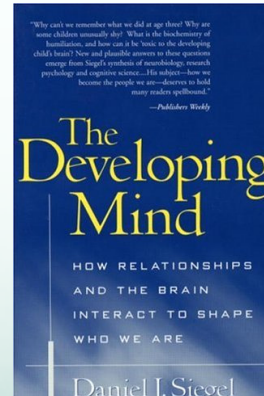
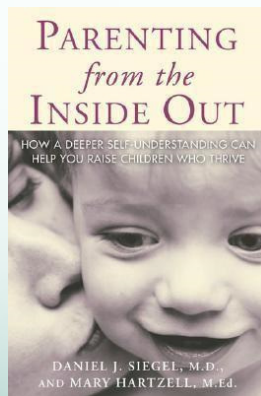
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Resources

- *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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Dr. Dan Siegel





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.



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/

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



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.



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