The Internal and Interpersonal Nature of the Self-Organizing Mind

A view from Interpersonal Neurobiology

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WHAT IS THE MIND?
WHAT IS A HEALTHY MIND?
How are the MIND, Relationships and our Embodied Brain connected?
Energy and Information Flow are...

Shared in our RELATIONSHIPS:

Shaped by the Embodied Mechanism of BRAIN

Regulated by the MIND:
Mind can be defined as an

*Embodied and Relational*

*Self-Organizing Process*

that emerges from and also

**REGULATES**

*Energy and Information Flow*

Where?

Within Us and Between Us
INTEGRATION:

THE

LINKAGE

OF

DIFFERENTIATED

PARTS
Direct
First Person Reports
Mindsight & the Plane of Possibility: Varying the Degrees of Certainty

Subjective Experience
Degree of Probability (y)

100%

Peaks of Activation
Plateaus of Probability

Diversity (z)

Open Plane of Possibility

Neural Firing

Time (x)
The River of Integration
DSM IV: Chaos and Rigidity as Examples of Impaired Mental Life & Neural Integration

- Developmental Trauma (Abuse and Neglect) - MRI (Teicher et al)

- Autism – rsfMRI (Raichle)

- Schizophrenia - rsfMRI (Raichle et al)

- Bipolar Disorder – MRI (Blumberg et al)

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Integrative Prefrontal Functions

- Bodily Regulation
- Attuned Communication
- Emotional Balance
- Fear Extinction
- Flexibility
- Insight
- Empathy
- Morality
- Intuition
How does the Mind Regulate Energy Flow?
The Wheel of Awareness
Mindsight & the Plane of Possibility: Varying the Degrees of Certainty
Reflection, Relationships, and Resilience: Mindsight and Neural Integration
“SELF”:
Singular Noun or Plural Verb?
“Mwe”