The Internal and Interpersonal Nature of the Self-Organizing Mind

A view from Interpersonal Neurobiology Daniel J. Siegel, M.D.

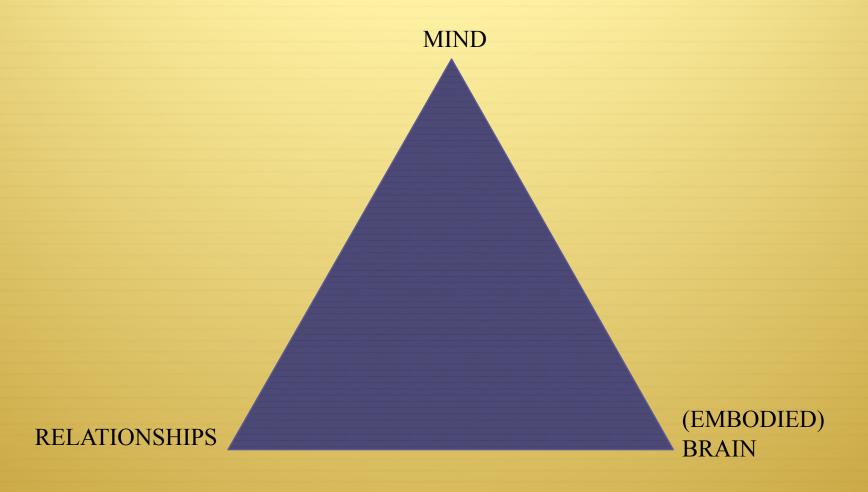
Mindsight Institute



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

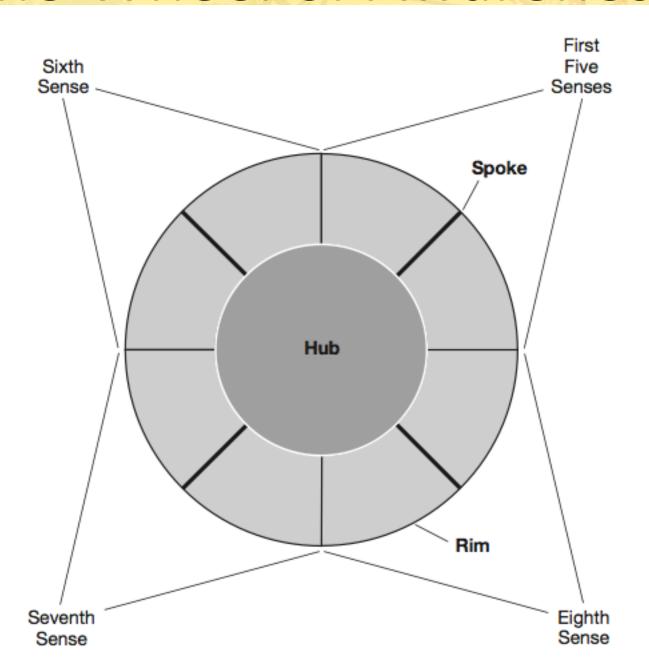
REGULATES
Energy and Information Flow
Where?
Within Us and Between Us

INTEGRATION:

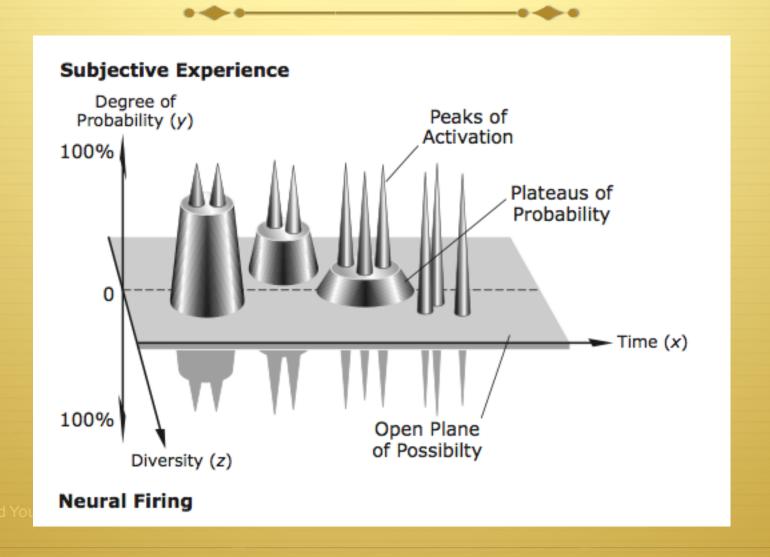
THE LINKAGE OF **DIFFERENTIATED PARTS**

Direct First Person Reports

The Wheel of Awareness



Mindsight & the Plane of Possibility: Varying the Degrees of Certainty



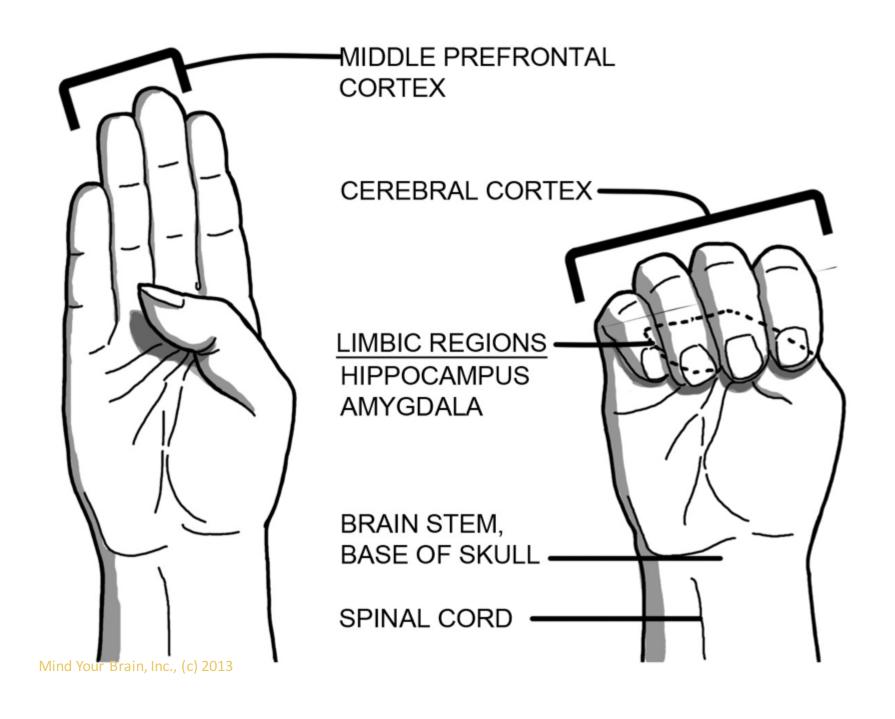
The River of Integration



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)



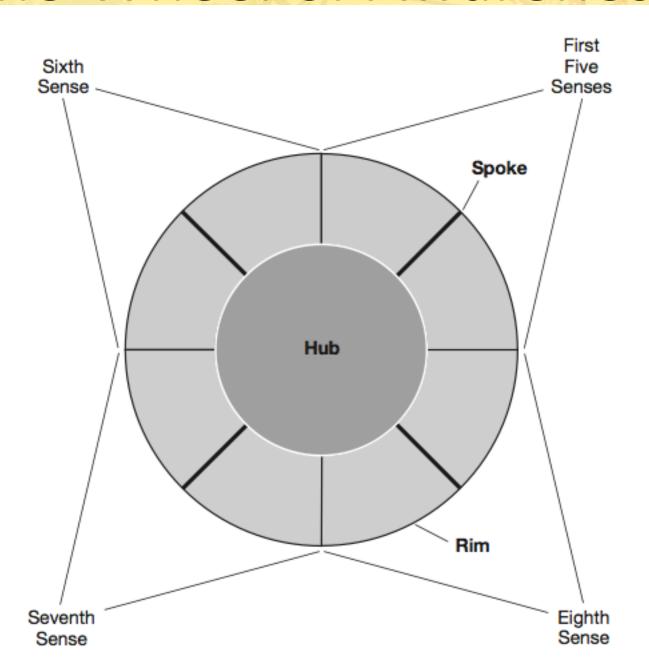
Integrative Prefrontal Functions

- Attuned
 Communication
- ★ Emotional Balance
- **♦** Fear Extinction
- **♦** Flexibility

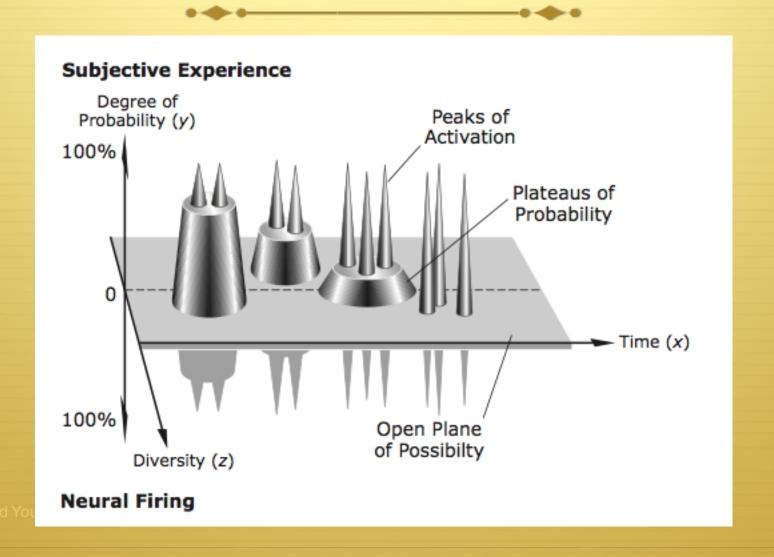
- **♦** Insight
- **♦** Empathy
- **♦** Morality
- **♦**Intuition

How does the Mind Regulate Energy Flow?

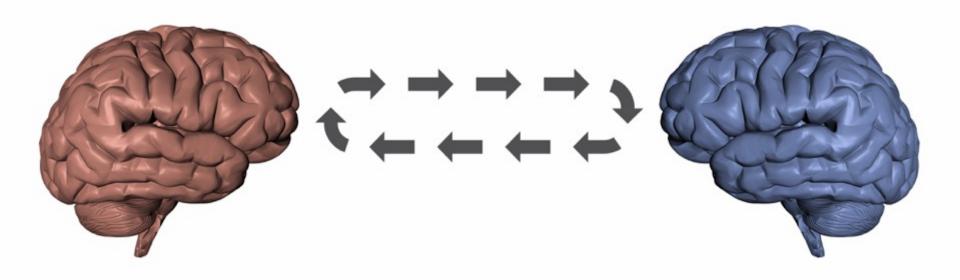
The Wheel of Awareness



Mindsight & the Plane of Possibility: Varying the Degrees of Certainty



Reflection, Relationships, and Reslience: Mindsight and Neural Integration



"SELF": Singular Noun or Plural Verb?

"Mwe"