

MOL 204
Beyond the Therapy Suite
Mindsight Institute Online Course
Daniel J. Siegel, M.D.

The Healthy Mind Platter



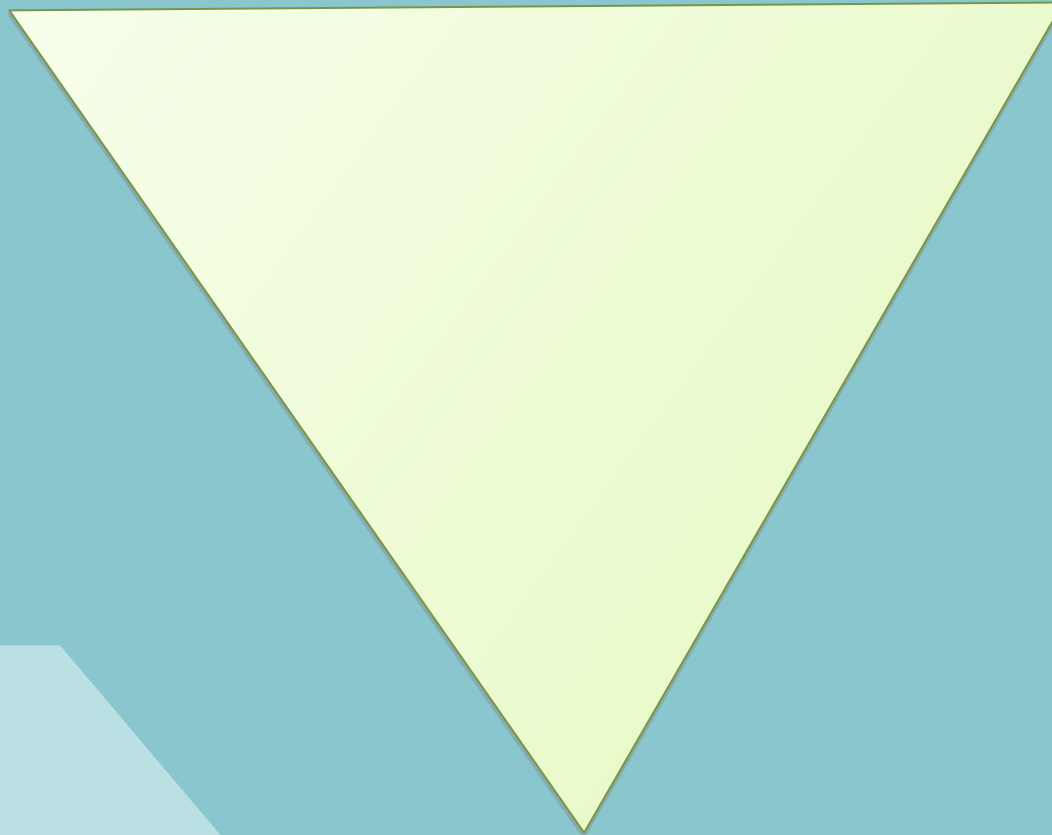
The Healthy Mind Platter, for Optimal Brain Matter

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WHAT CONNECTS MIND, BRAIN, AND RELATIONSHIPS?

MIND

(EMBODIED)
BRAIN

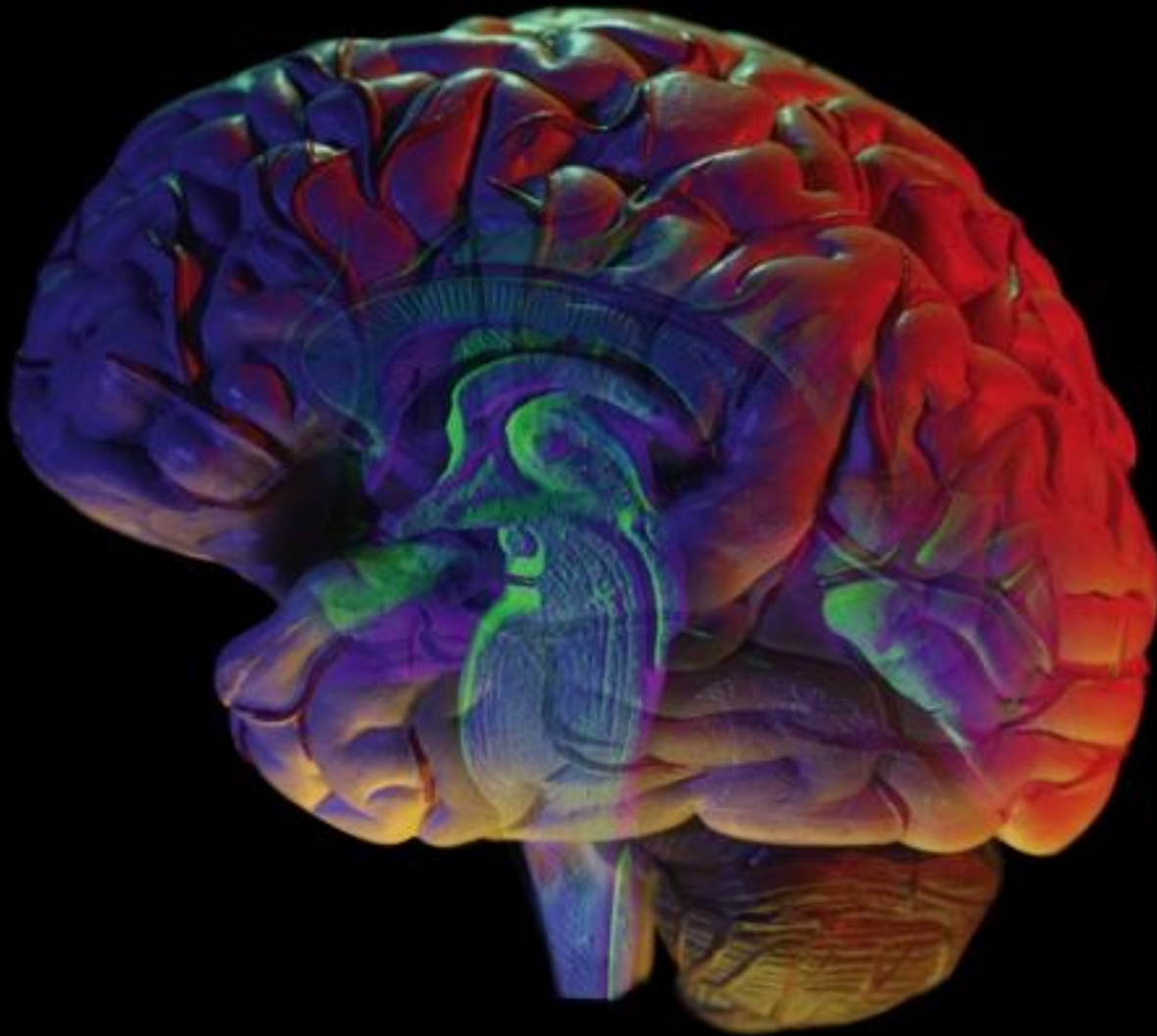


RELATIONSHIPS

What does the brain have to do with it?



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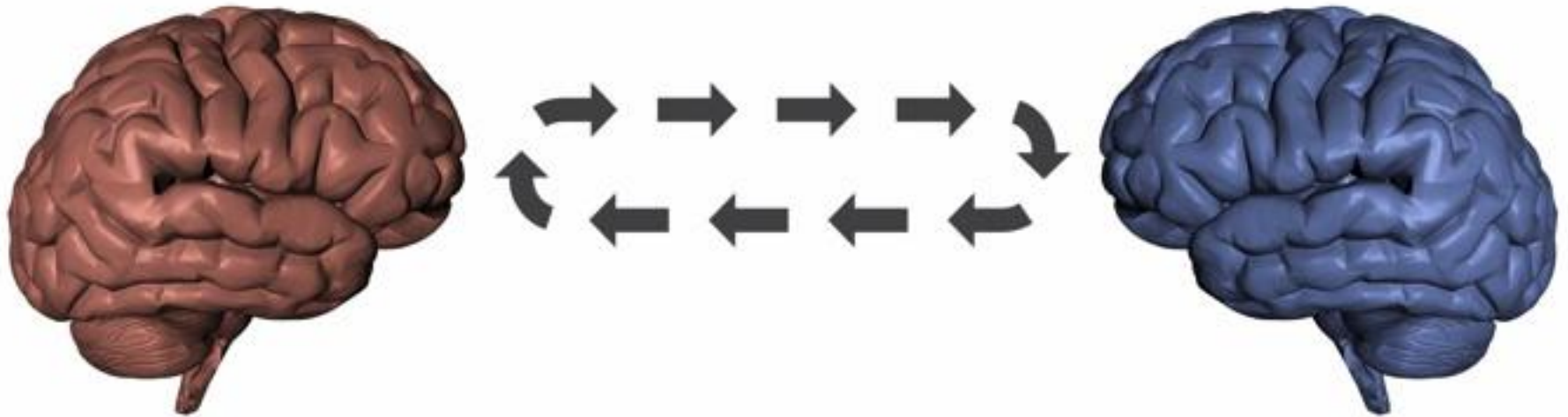
Middle Prefrontal Functions

**Bodily
Regulation
Attuned
Communication**

**Insight
Empathy
Morality
Intuition**

**Emotional
Balance
Fear Extinction
Flexibility**

Mindsight and Neural Integration



Beyond the therapy suite

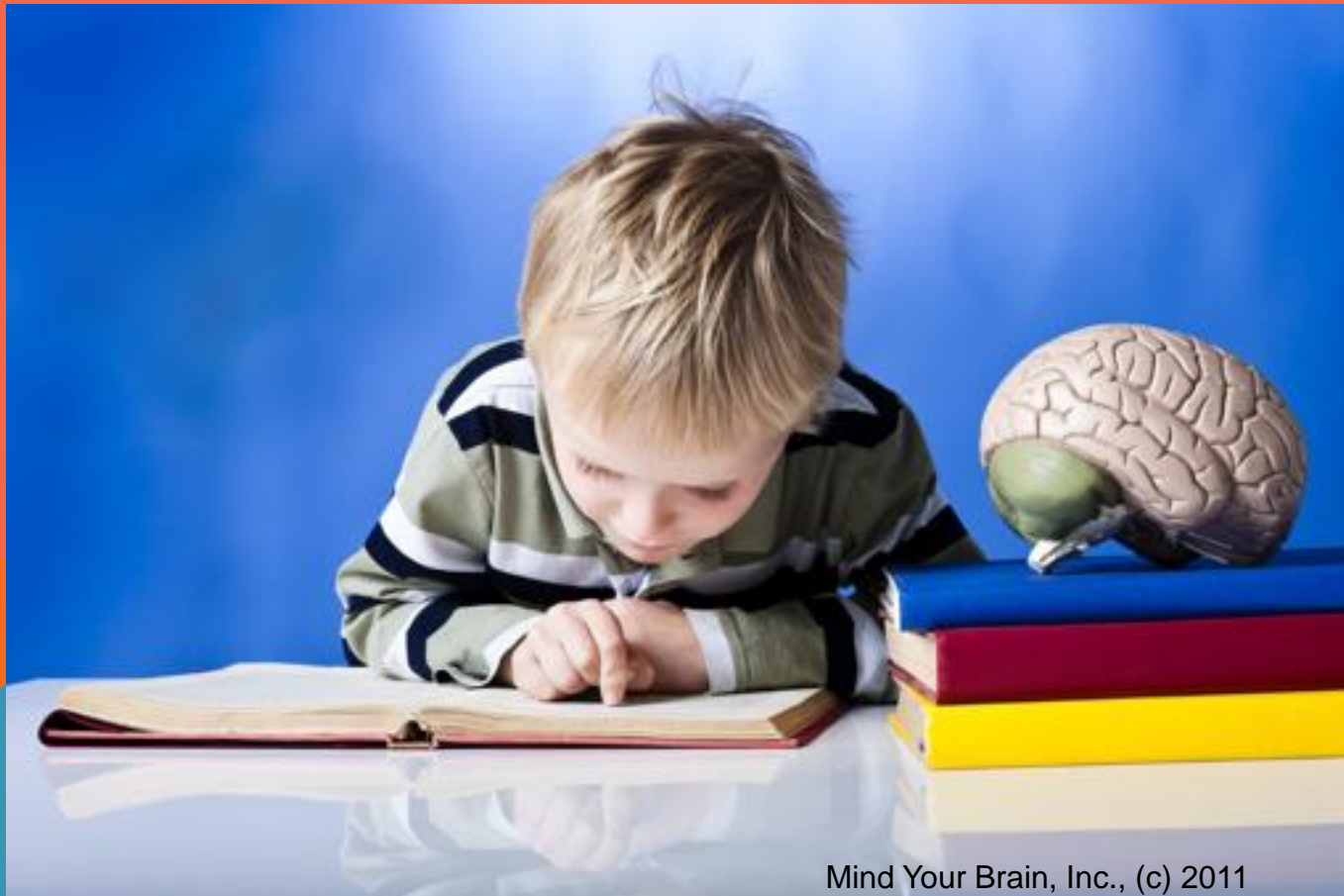
Families

Schools

Communities

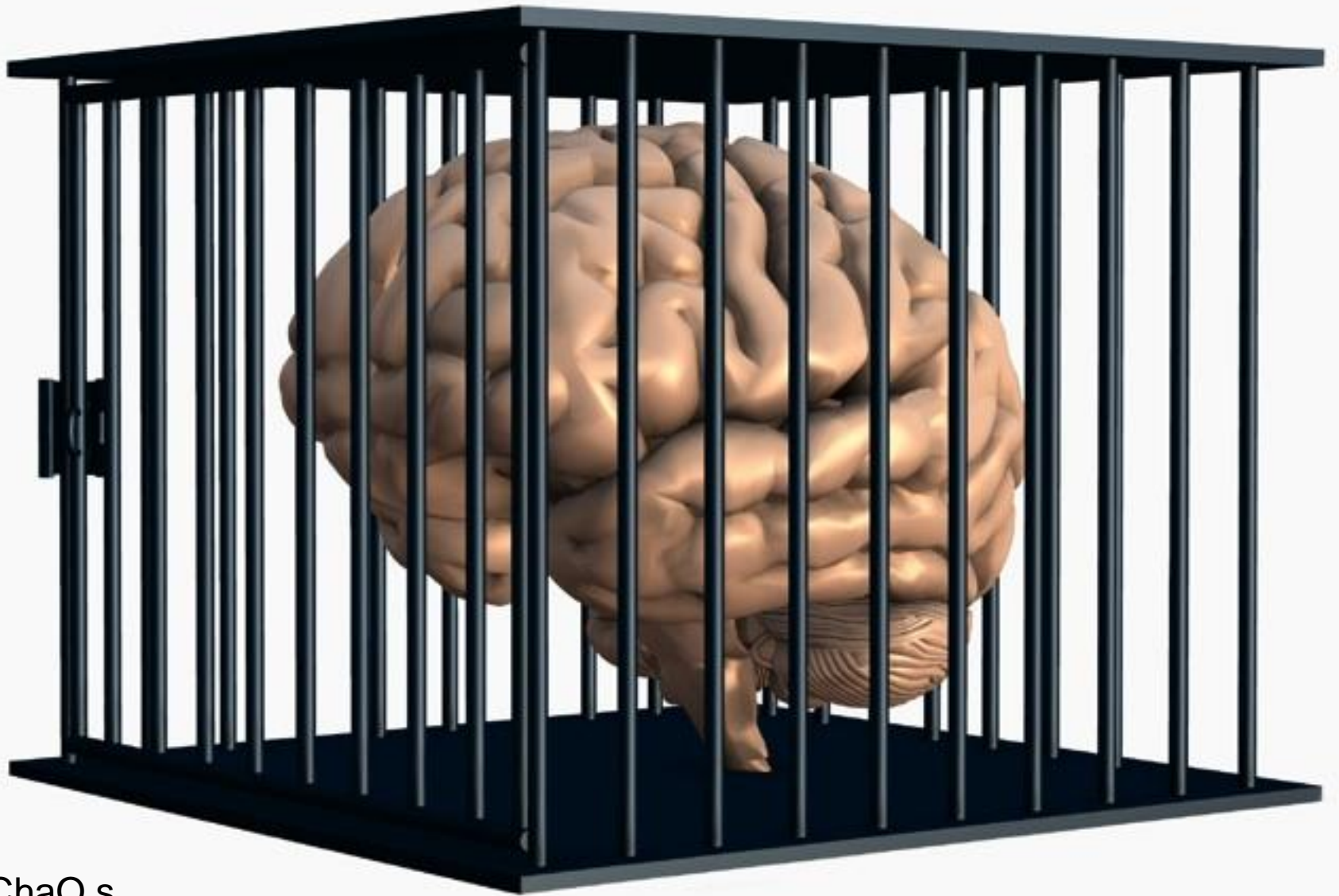
Organizations

Mindsight Begins at home in the family



Children grow in...

schools

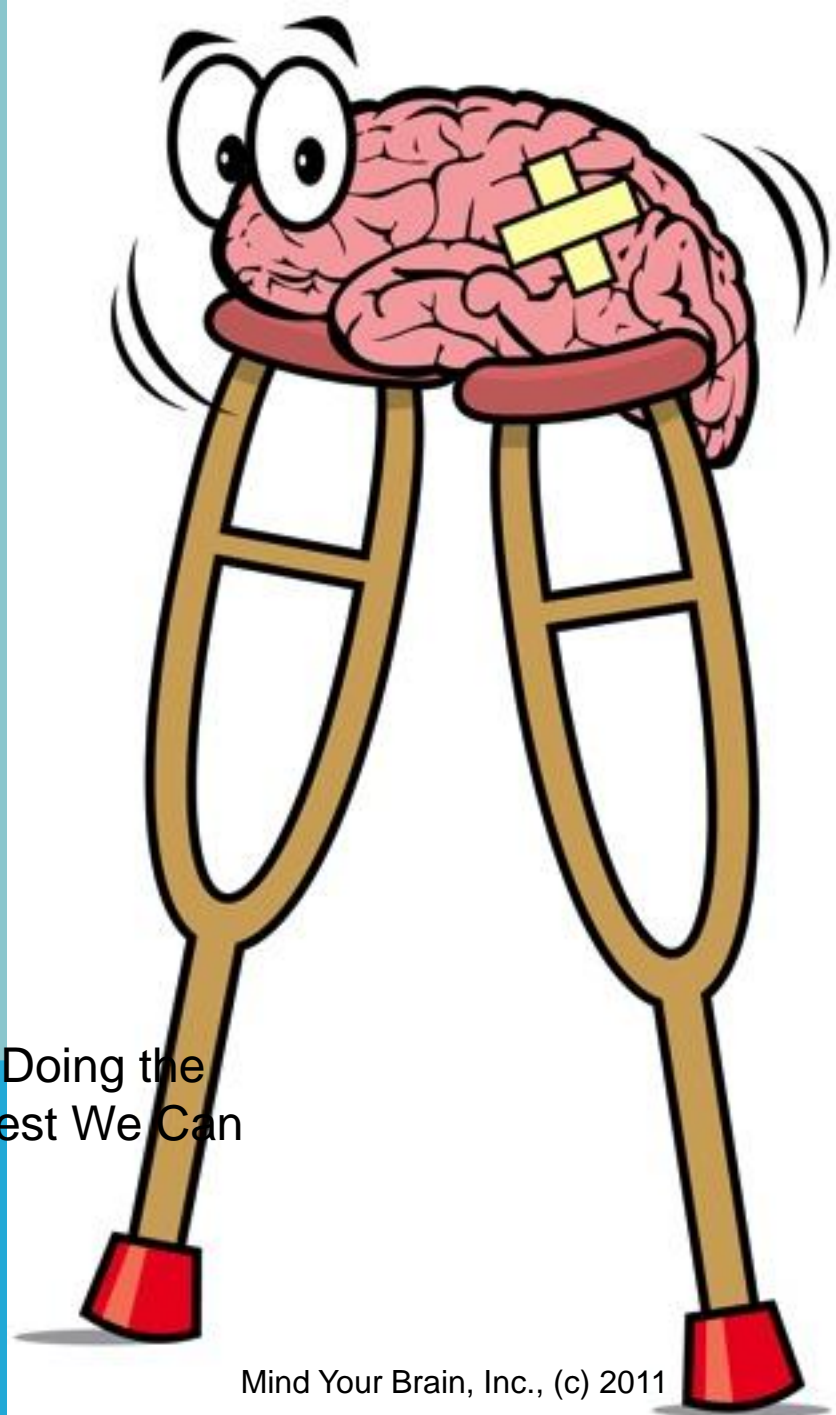


Chaos

RIGIDITY

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What Role do TEACHERS play in Development?



Doing the
Best We Can

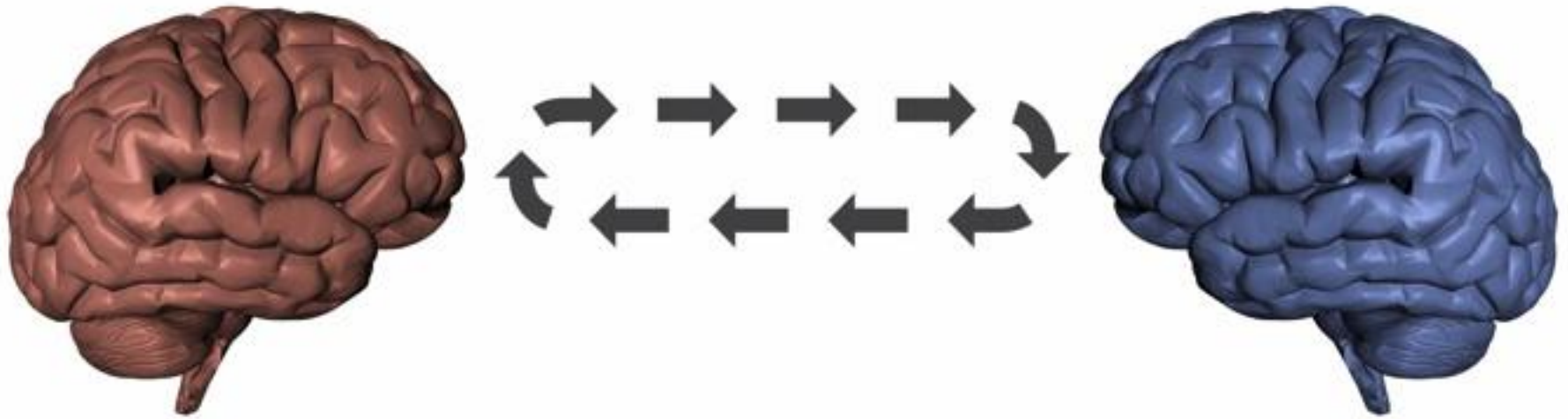


Teaching with the Brain in Mind



Genetics + Experience + Chance → Development of the Person

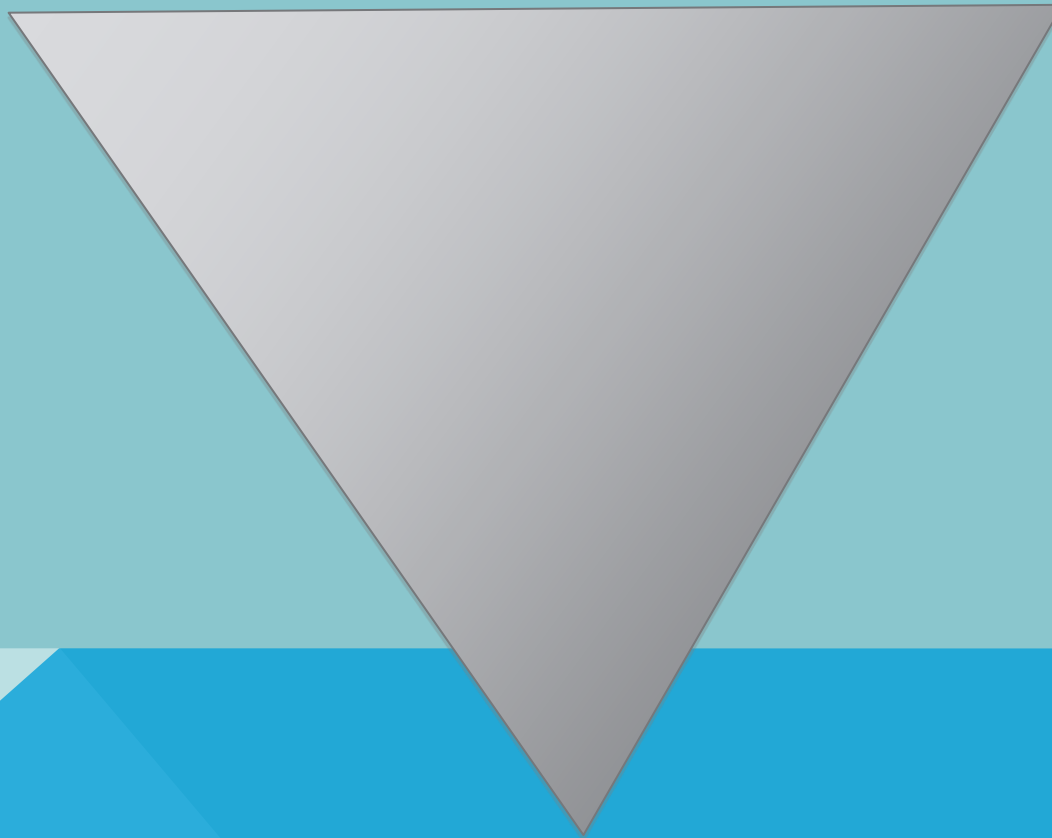
Compassionate communities: Mindsight and Neural Integration



A TRIANGLE OF WELL-BEING & RESILIENCE

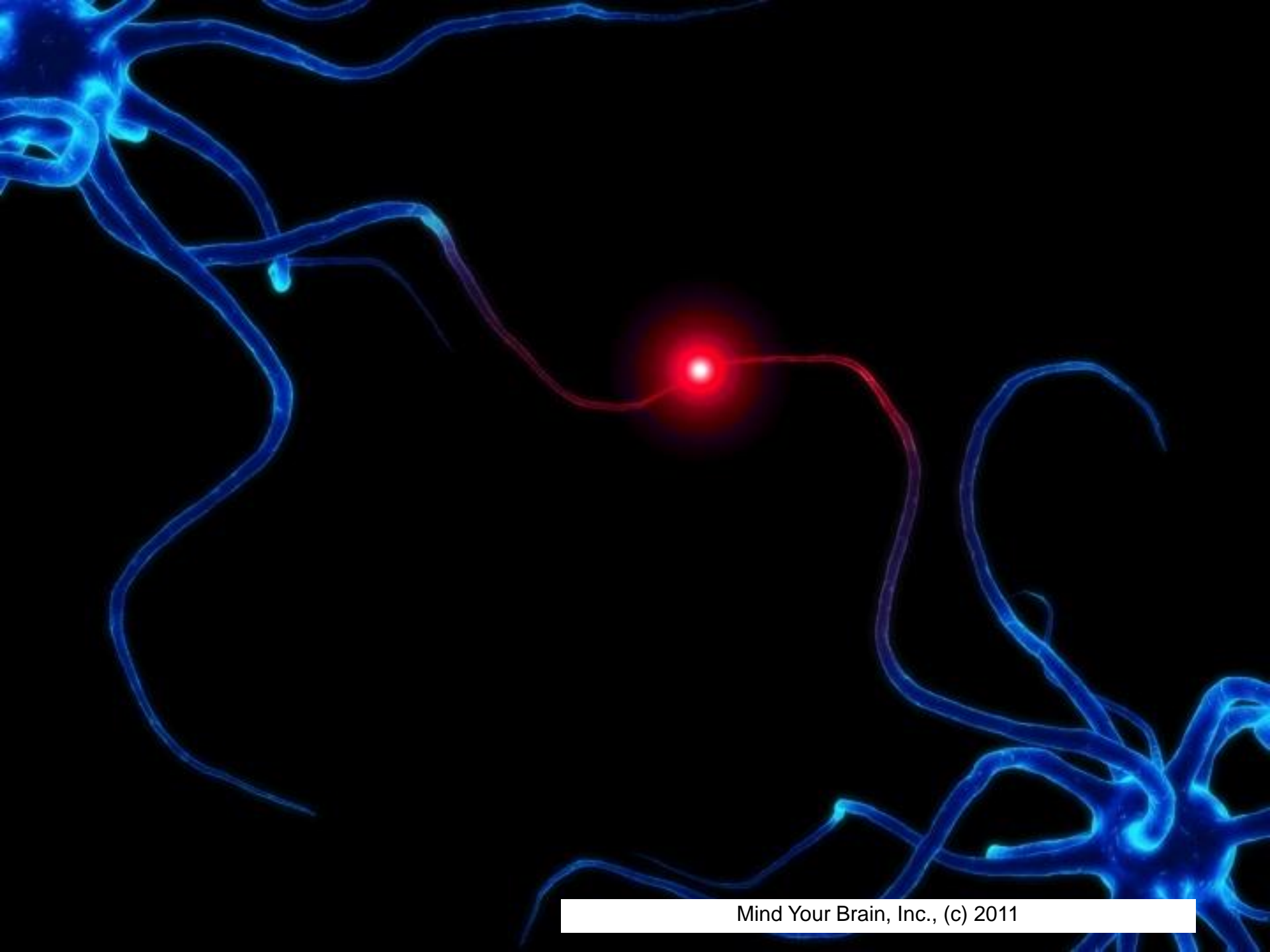
MIND

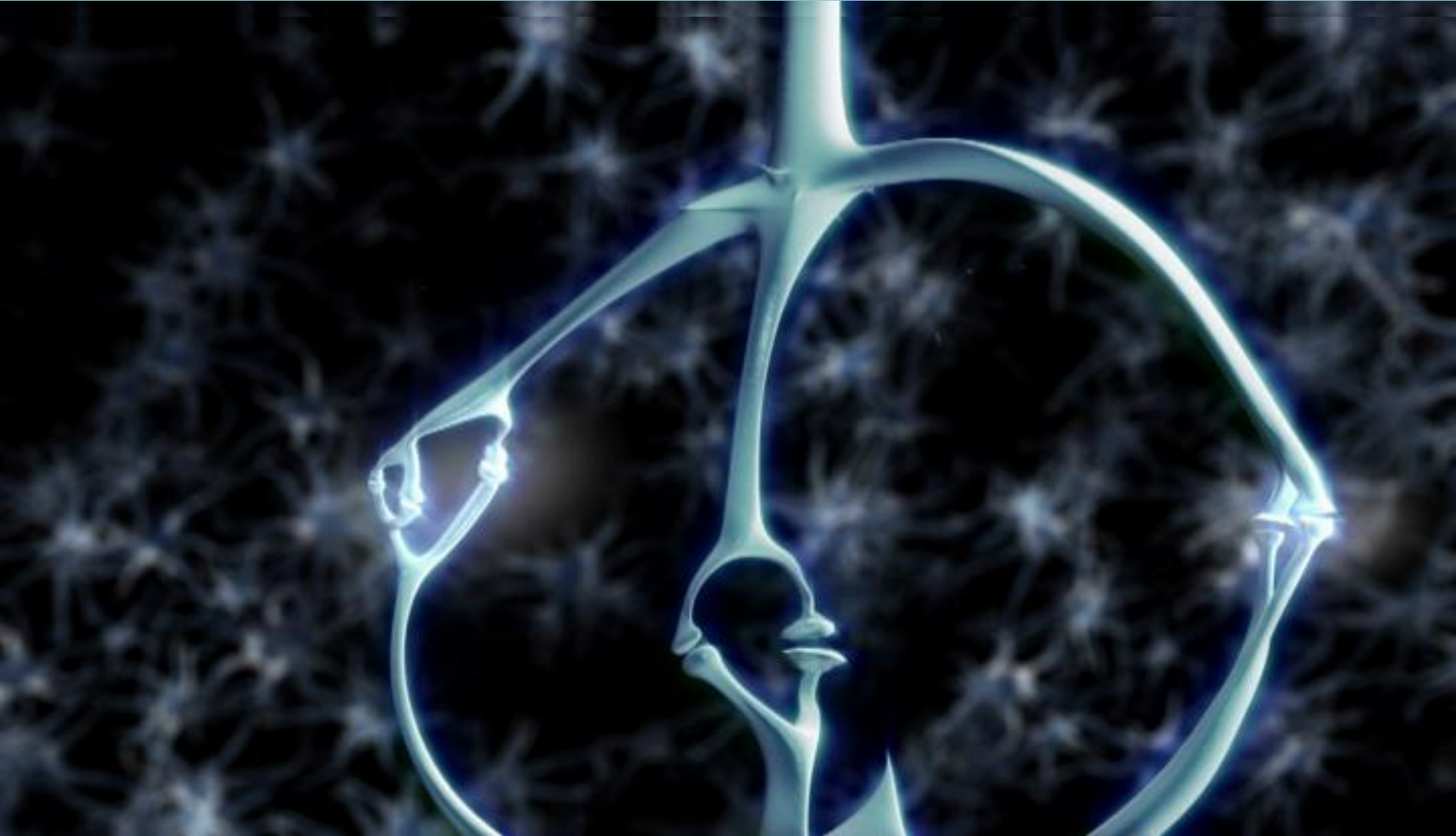
BRAIN



RELATIONSHIPS

What is the SELF???



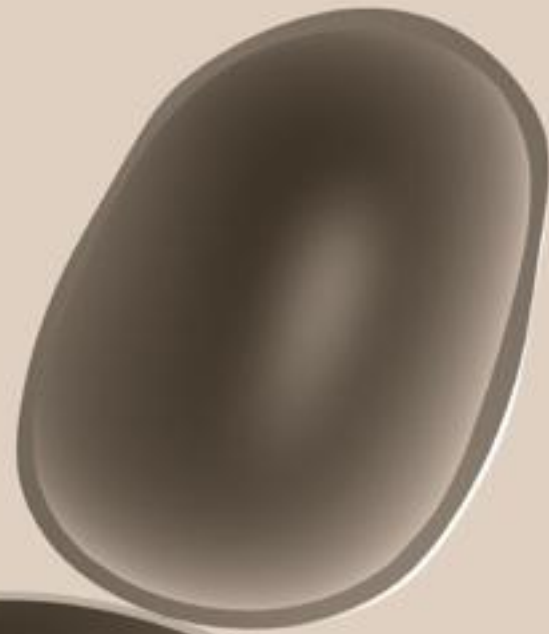


The Idea of ENERGY and INFORMATION Flow...

Who are we, really???

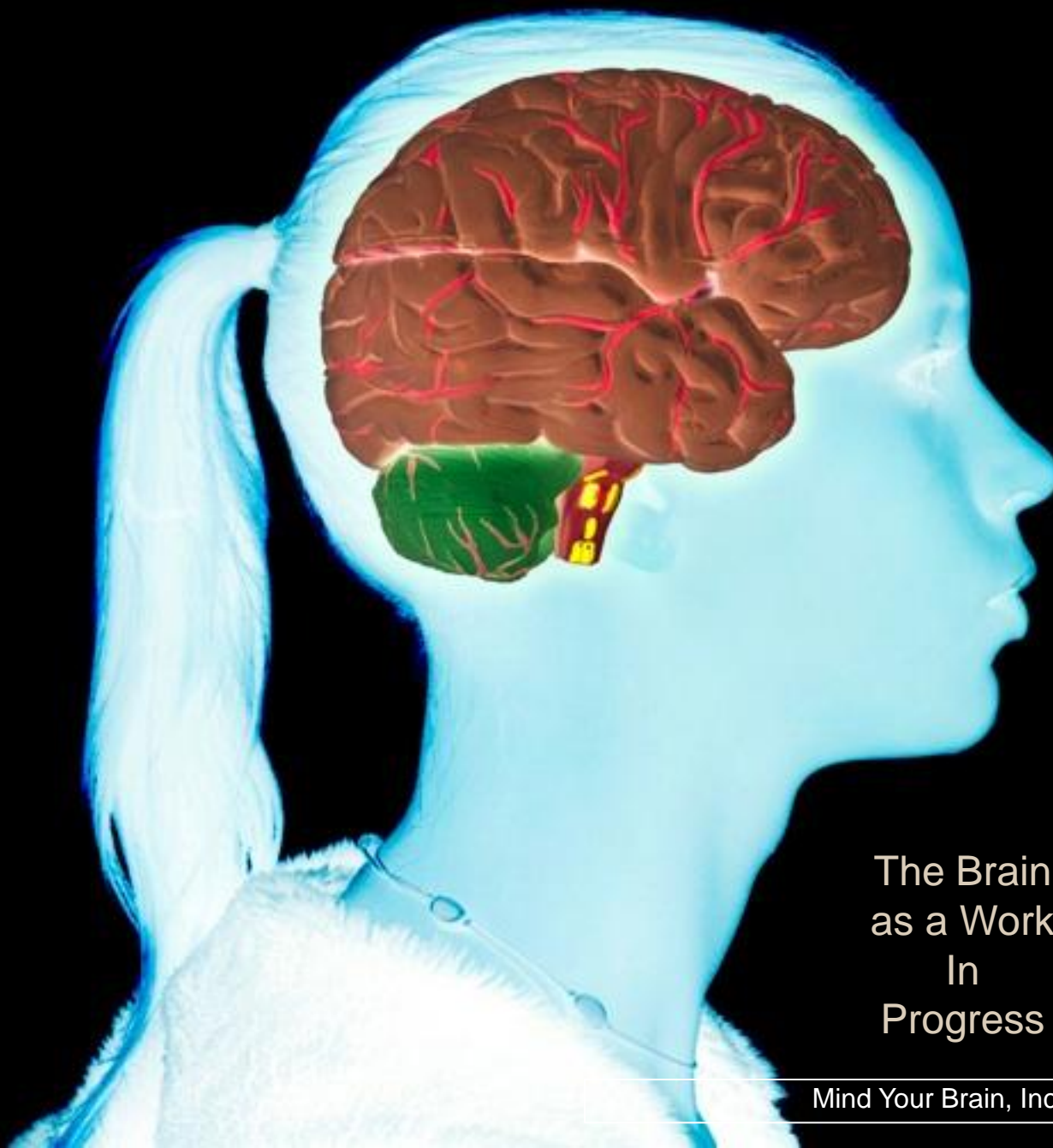
Who am I? Who are you? Who are
WE?



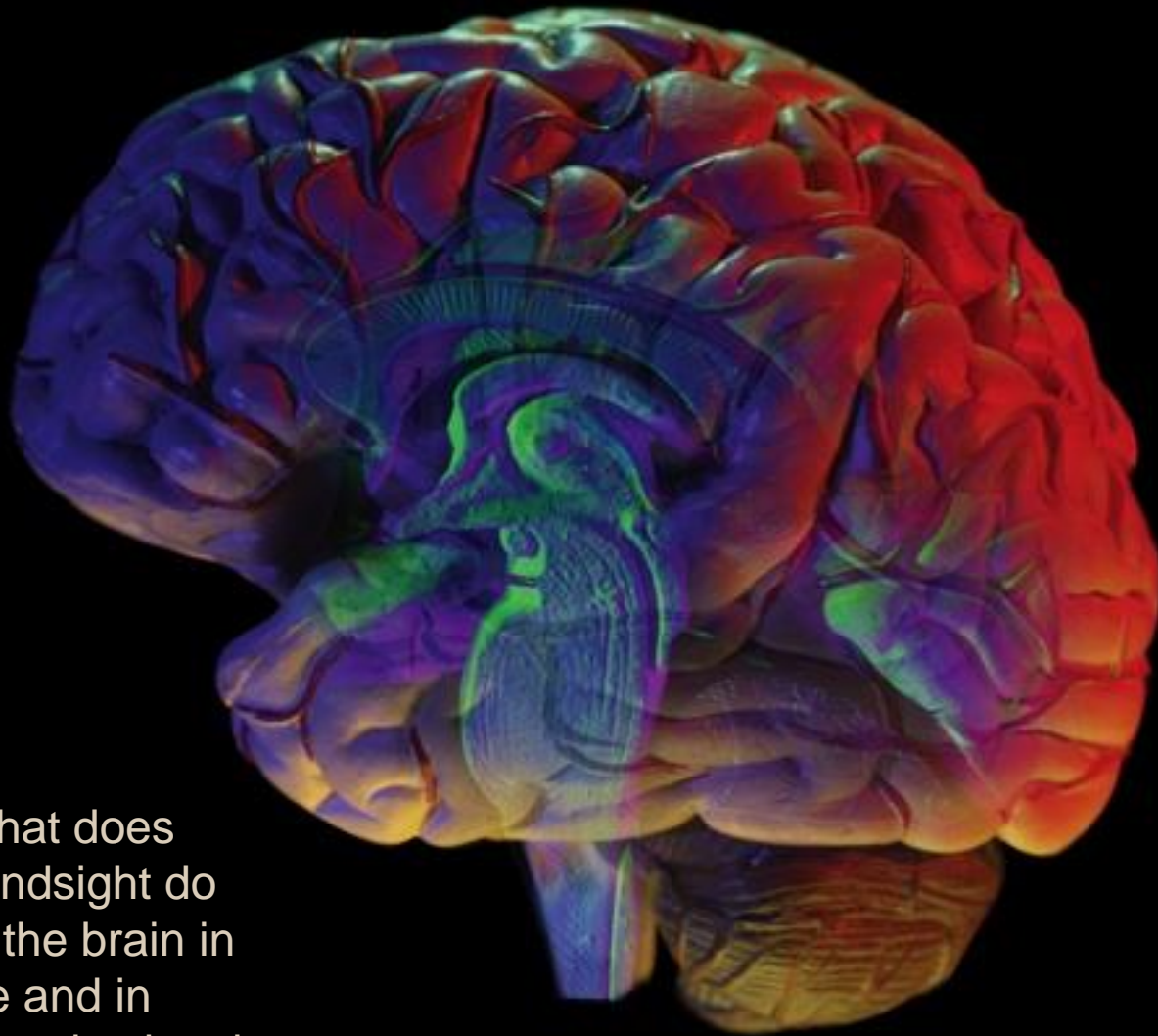


Plugging the
Brain into
Organizational
Work





The Brain
as a Work
In
Progress



What does
mindsight do
to the brain in
life and in
organizational
functioning?

A Possible Framework of Creativity and innovation?

- **Innovation, High Morale, and Job Satisfactions emerge from Integration**
- **“Poor Job Performance” and loss of productivity emerge from impediments to integration in the form of blockages to differentiation and/or linkage.**
- **Organizational evaluation examines for chaos and/or rigidity.**
- **Interventions are integrative and can involve professional individual training, group immersions, and structural reorganization.**

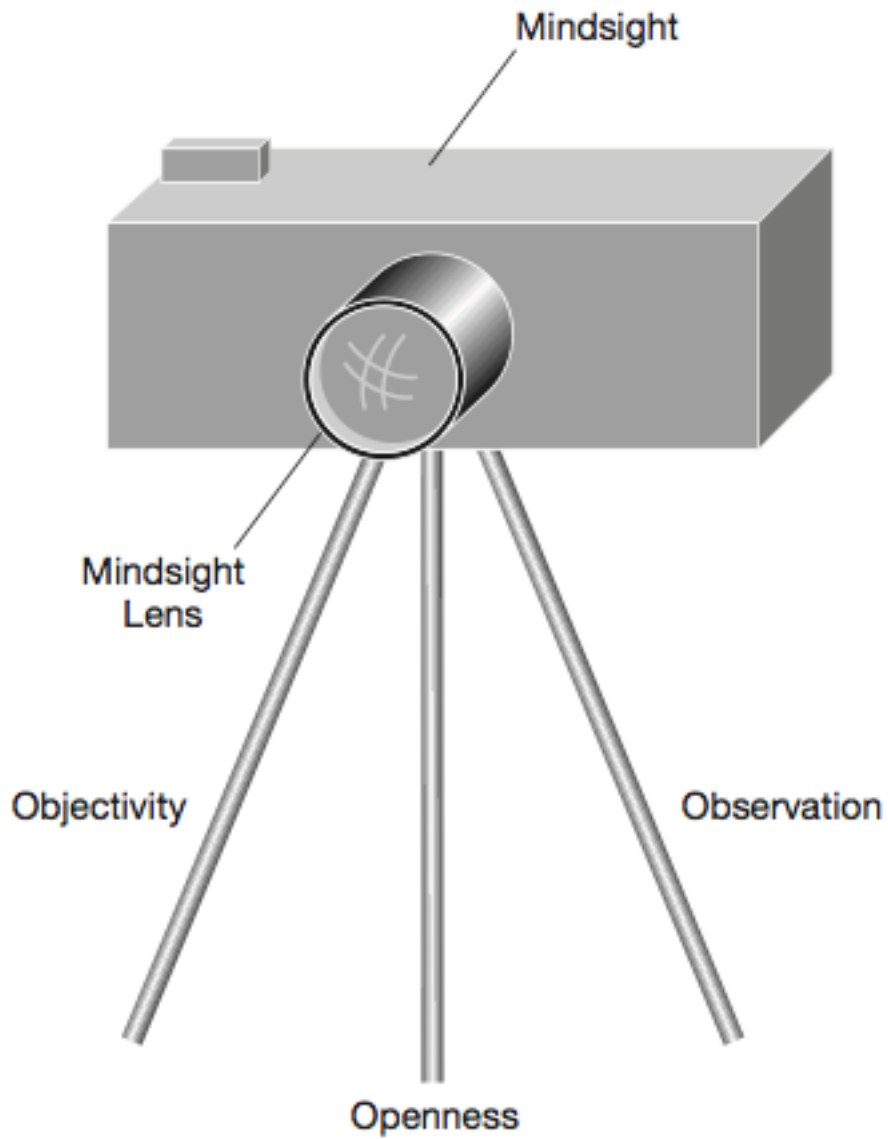
The River of Integration

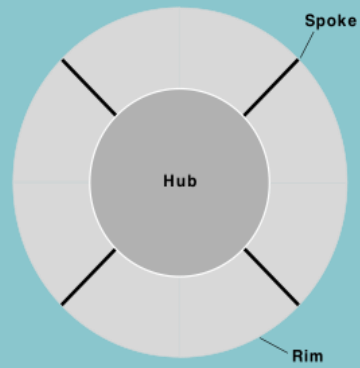


REGULATION

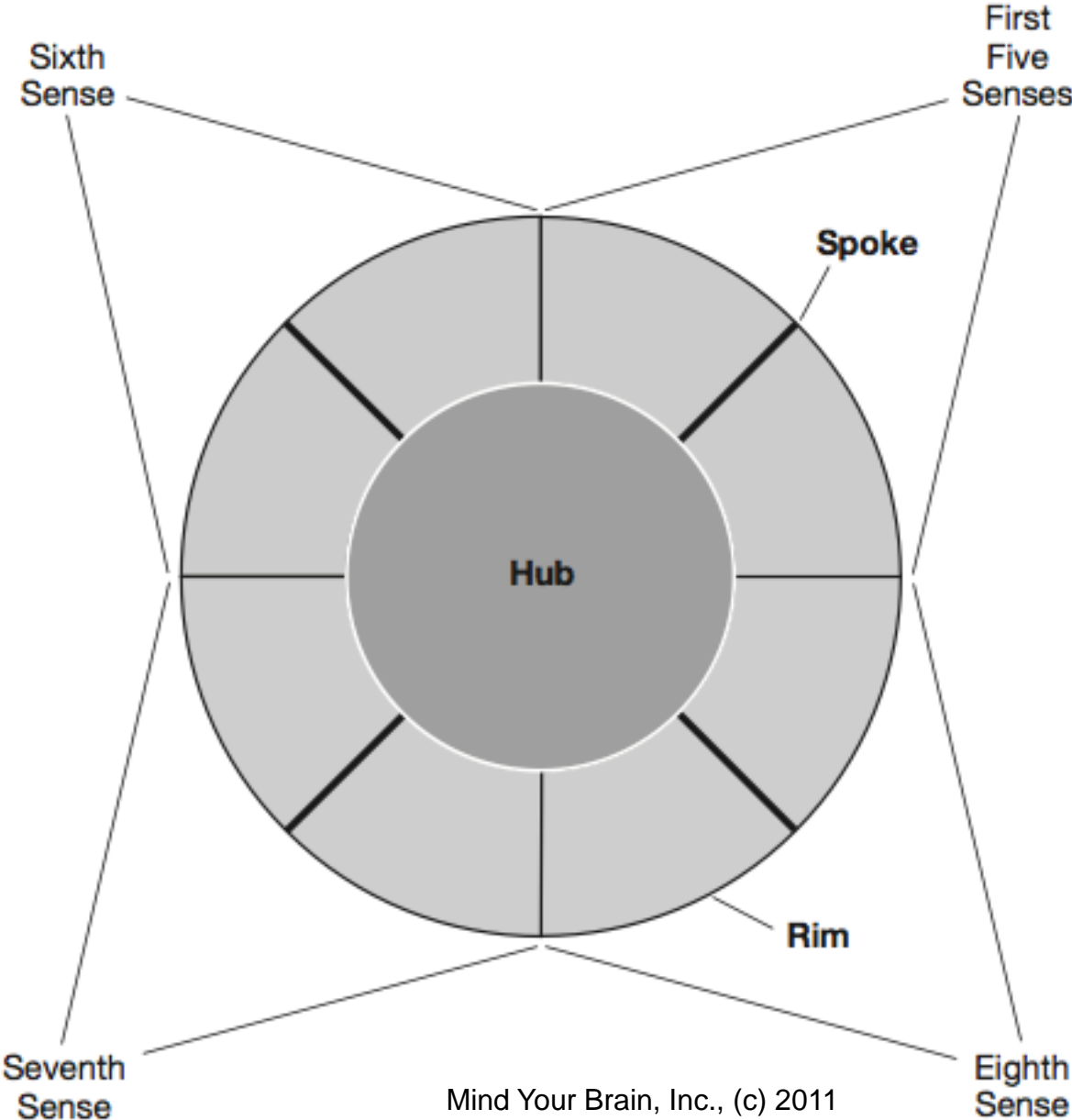
Monitoring

Modifying

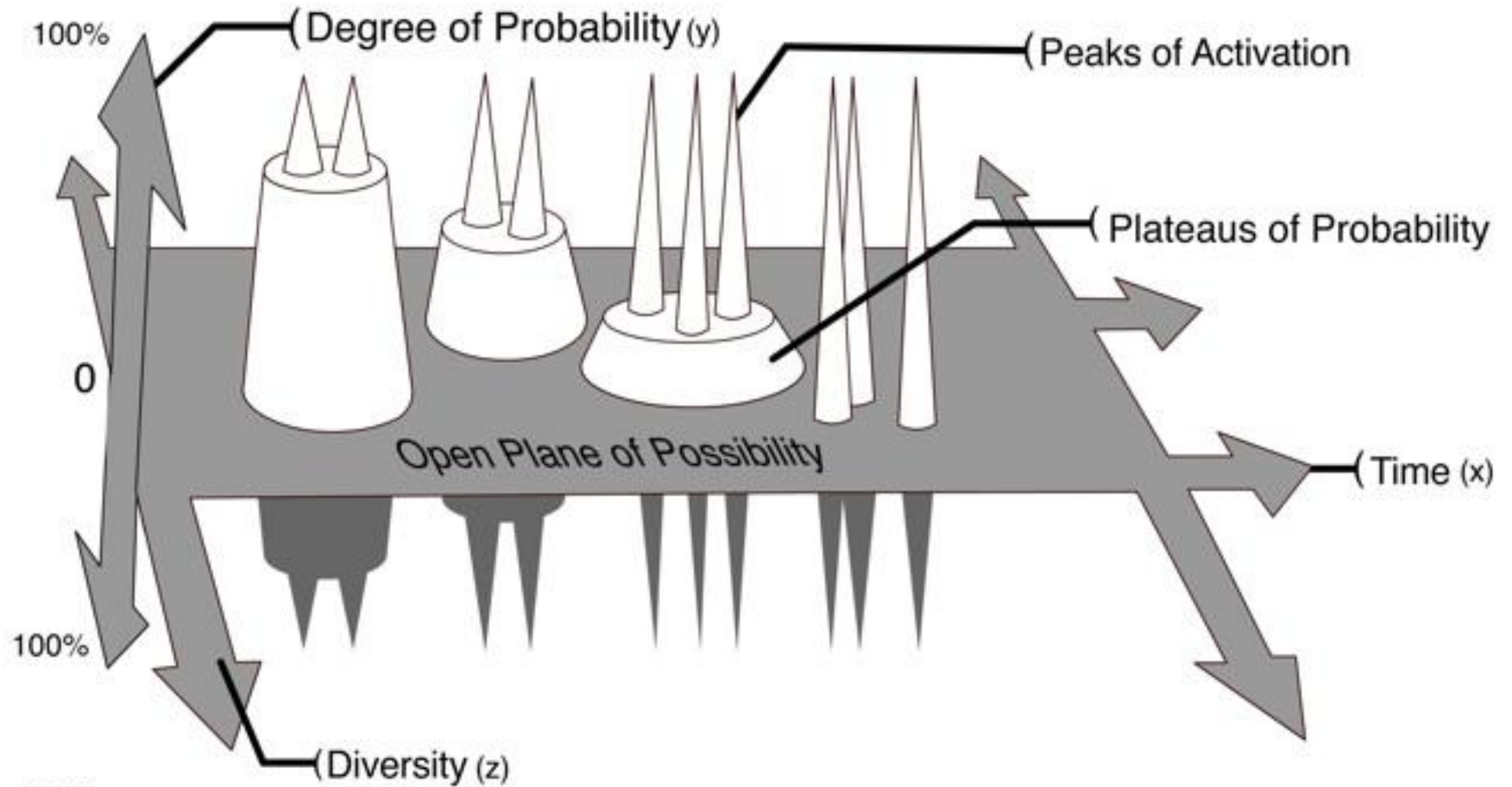




The Wheel of Awareness



Subjective Experience



Neural Firing

The Plane of Possibility

(The Mindful Therapist, DJ Siegel, 2010) © 2010 MYB

Domains of Integration

Consciousness

Horizontal/Bilateral

Vertical

Memory

Narrative

State

Interpersonal

Temporal

Middle Prefrontal Functions

**Bodily
Regulation
Attuned
Communication**

**Insight
Empathy
Morality
Intuition**

**Emotional
Balance
Fear Extinction
Flexibility**

Public policy: AN integrative approach

**Socioeconomic
inequalities;**

Health issues;

**Individual, family,
and community
stresses;**

**Global Climate
Changes;**

Interdependence;

**An era in need of
collaboration and
innovation rather
than simply
competition and
territorialism.**

Inspire to Rewire



Transpiration

An Integration of Integration

Dissolving the “Optical Delusion of our separateness”



The Triangle of Health
Integration of
& the Cultivation of