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**Embracing Science and Subjectivity:**

**The Challenges of an Interdisciplinary Approach to  
the Mind and Mental Health**

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# A TRIANGLE OF HUMAN EXPERIENCE

MIND

BRAIN



RELATIONSHIPS

- >-Learn how we can best teach about the mind and its embodied and relational origins
- Review what the challenges and controversies are in teaching about consciousness, attachment, and mental health
- Discuss the ways in which the science of integration illuminates the nature of emotion
- Explore how knowing about the brain informs our understanding of well-being
- Demonstrate how the concept and process of integration can best be taught
- Examine the ways in which the “mind-brain-relationship” triangle of well-being helps in teaching about mental health

# Integration

The Linkage of  
Differentiated Elements  
of a System

INTEGRATION:

THE

**LINKAGE**

OF

**DIFFERENTIATED**

PARTS

# DSM IV: Chaos and Rigidity and Examples of Impaired Neural Integration

- Developmental Trauma - MRI ( Teicher et al)
- Autism, Schizophrenia - rsfMRI (Raichle et al)
- Bipolar Disorder – MRI (Blumberg et al)
- OCD – PET (Baxter, et al)

# REGULATION

Coordination and Balance: If not → Chaos and/or Rigidity

- “Over Arousal and Under Arousal” a regulation approach to rigidity and chaos

The essential elements of regulation include:

- Monitoring
- Modifying

# A TRIANGLE OF WELL-BEING & RESILIENCE

MIND

BRAIN



RELATIONSHIPS

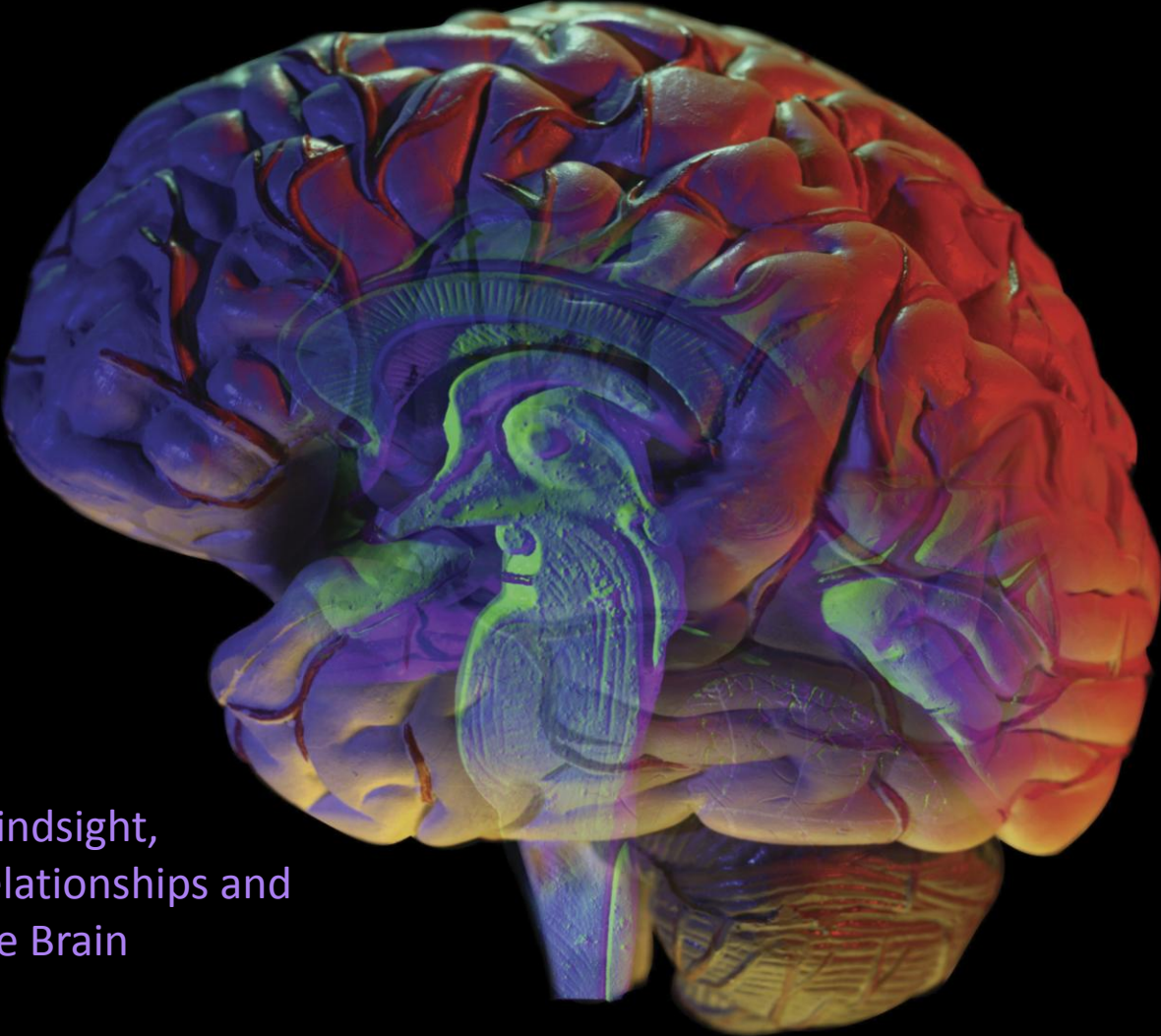


# Nine Domains of Integration

- Consciousness
- Bilateral
- Vertical
- Memory
- Narrative
- State
- Interpersonal
- Temporal
- Transpirational

# Clinical Assessment

- Looking for Chaos and/or Rigidity
- When found, indicate impediments to integration
- Assessment then moves to question, “which domain of integration is impaired?”
- When the domain is identified, detailed analysis of that domain is focus of assessment



Mindsight,  
Relationships and  
the Brain

# Integration, Psychotherapy and Neuroplasticity

- “Effective Therapy Changes the Brain” can be restated as “Effective Therapy Integrates the Brain”
- Integration creates Harmony
- Regions are Differentiated and then Linked
- Impairments to Integration lead to Chaos and/or Rigidity
- The Nine Domains of Integration
- Strategies for Enhancing Neuroplasticity

# Ways to Change a Brain

- **Mechanisms of Change:**
  - Synaptogenesis
  - Neurogenesis
  - Myelinogenesis
  - Epigenesis
- **Strategies of Change:**
  - The Focus of Attention activates specific circuits
  - A Sense of Trust enhances receptive learning
  - Memory Retrieval as a Memory Modifier
  - Unlearning and Learning
  - Deep Practice and Skill Training

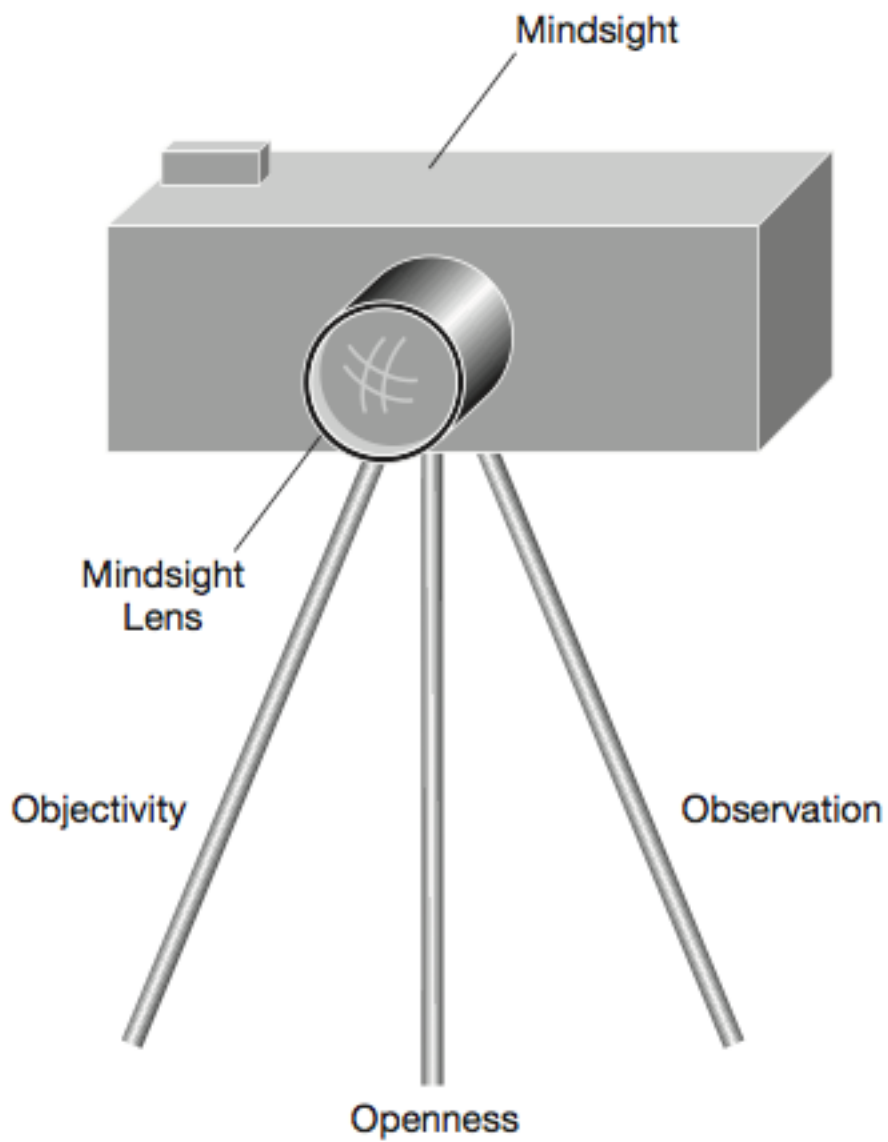
# The Integration of Consciousness

# STRENGTHENING THE MIND:

Enhancing Regulation:

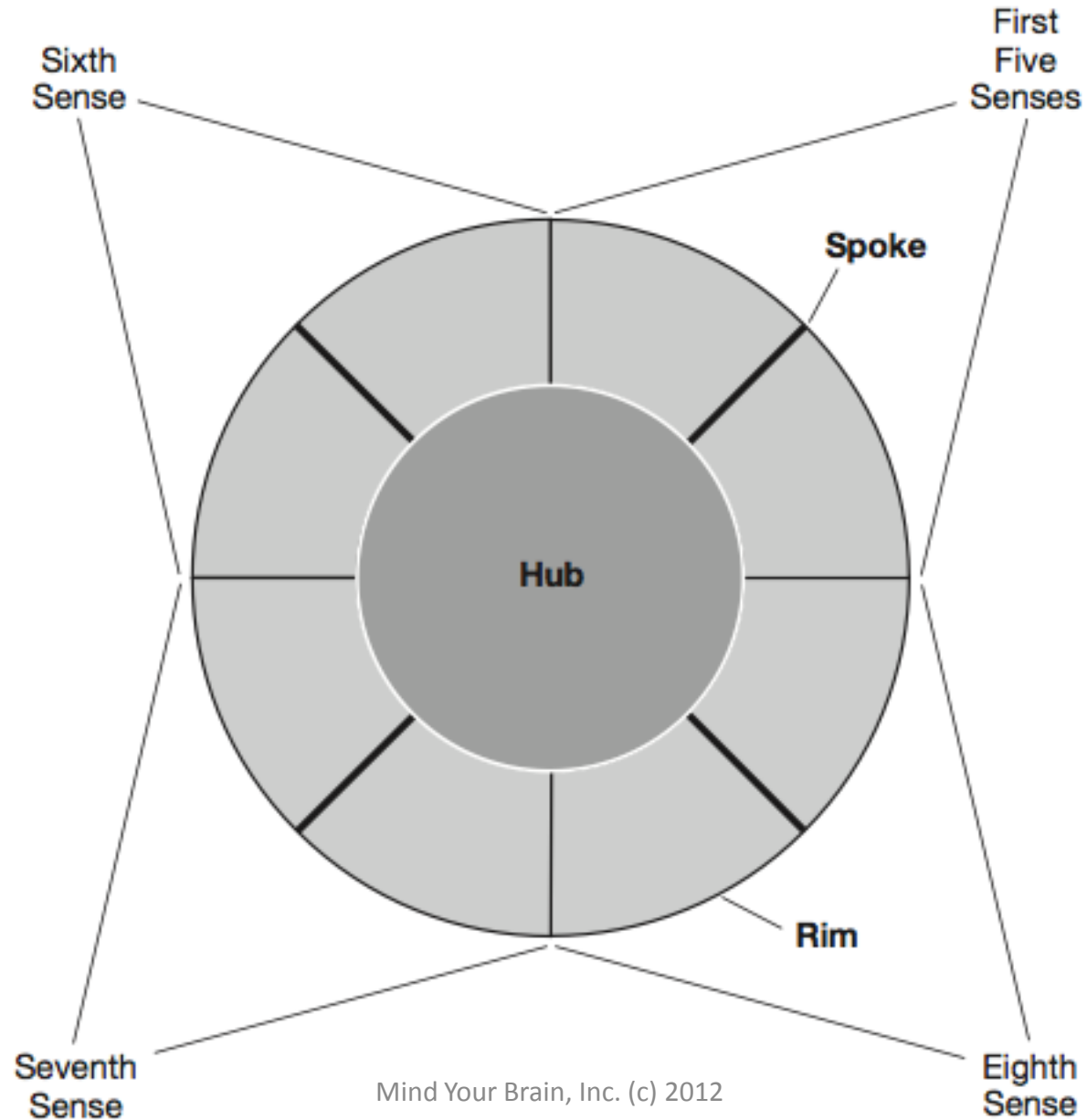
Monitoring

Modulating

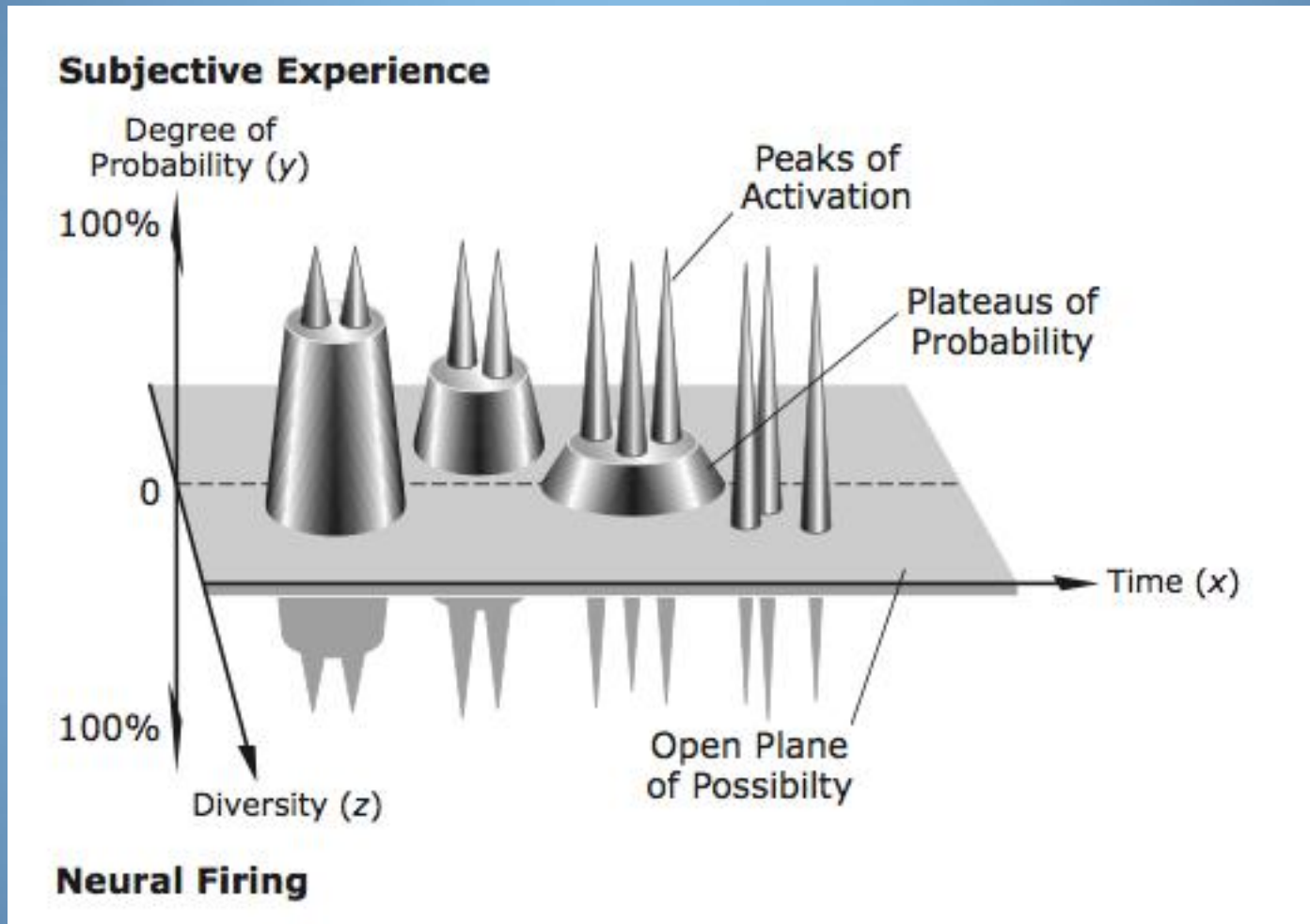




# The Wheel of Awareness



# The Plane of Possibility



# Implications of the Plane of Possibility

- Mental experience arises from the **probability curve** spectrum
- Mental representations, activities as **Peaks**
- Mental process of Mood and Modes as **Plateaus**
- Awareness arises from the **Open Plane** where certainty is near zero and possibility is infinite

# Presence and the Open Plane

- Thriving with Uncertainty
- Openness to Possibility
- Cultivating Connection
- Integration and Harmony

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# Bilateral Integration

