

## Objectives

### Transforming Anxiety and Stress by Integrating the Embodied Brain

Course Teacher: Daniel J. Siegel, M.D.

1. Understand the difference between anxiety and stress, and the role of worry.
2. Define what the mind is from an IPNB perspective.
3. Identify the Four Facets of Mind and understand how they relate to the experience of anxiety.
4. Describe how integration—the linkage of differentiated parts of a system—leads to optimal self-organization experienced as flexibility, adaptability, coherence (resilience across time), energy, and stability.
5. Explain how chaos and rigidity indicate impaired integration - how are they observed in mental disorders?
6. Differentiate attention, intention, awareness, and the ways we combine these properties to experience energy flow and promote integration.
7. Outline construction of various forms of energy.
8. Identify exteroception versus interoception, and top down versus bottom-up processing.
9. Learn how to use the hand model of the brain to name the anatomical structures and functions
10. Define the four F's of the sympathetic nervous system, and the part of the brain that is responsible for these functions.
11. Explain how the prefrontal cortex and connectomes influence integration.
12. Define the motivational networks of the subcortical regions in the Limbic Area and Brainstem and explain their relationship to anxiety.
13. Explain what implicit memory is and understand how it influences anxiety.
14. Discuss how anxiety is a motivational force to help the individual get back to a state of wholeness.
15. Define neuroplasticity and why is it important to the transformation of anxiety.
16. For the Wheel of Awareness, identify the rim, spoke and hub and explain the physiological benefits of sustained practice.
17. Understand the acronyms OWN (Own, Witness, Narrate) and OATS (Others And The Self) affect the experience of anxiety.
18. Understand how energy flow is related to consciousness and subjective experience.
19. Outline the 3P Framework (Peak, Plateau, and Possibility) and how it relates to the Wheel of Awareness practice.
20. Learn the distinction between sensation and preoccupation, and neurophysiological techniques to reduce anxiety.
21. Identify the properties of quantum physics and describe how they can be applied therapeutically to understand energy, awareness, and possibilities.
22. Differentiate the quantum and Newtonian classical physics aspects of experience from the viewpoint of IPNB.
23. Define the Plane of Possibility from the IPNB perspective.
24. Describe how living from the plane of possibility would have a positive influence on anxiety as an anticipatory emotion.
25. Explain how to learn from the plane of possibility and promote integration.

26. Identify the function of the midline default mode network, its influence on the self, and how it impacts anxiety.
27. Define the three elements that determine the experience of the self (SPA).
28. Reframe "stress" from an IPNB lens in order to build resilience and a growth mindset.
29. Explore how the experience of the self-connect with identity and belonging.
30. Understand how impaired belonging, such as disconnection and isolation, can be perceived as a threat to survival and cause anxiety.
31. Identify the key components of the embodied brain and how it influences the mind as defined by IPNB.
32. Explain the role of neuroceptive monitoring in the creation of anxiety.
33. Explore how an individual's neuroceptive system has evolved to perceive in group and out group distinctions. Discuss this finding's implication on anxiety.
34. Describe the characteristics of reactive versus receptive states.
35. Outline how to utilize the generator of diversity (GOD) to shift reactive states into receptive states.
36. Understand the role of the autobiographical narrative on the experience of anxiety.
37. Identify the four attachment patterns, describe their presentations, and explore their implications around anxiety and stress.
38. Outline the difference between living as a verb versus living as a noun.
39. Define epistemic trust and explain how it impacts sense of security.
40. Evaluate how relationships impact the creation of anxiety and stress and can transform it to a sense of meaning and connection.
41. Understand how trust is an integral component of integration and identify therapeutic qualities to increase sense of trust.
42. Identify and describe the four qualities that work to decrease anxiety (COAL).
43. Explain hormetic stress and identify the four practices to increase stress resilience.
44. Describe Growth Mindset and name one therapeutic technique that can promote this perspective.
45. Name the transcendent emotions and assess how they promote integration.