



## Daniel J. Siegel, M.D. and The Mindsight Institute Attachment and Relational Resilience Across the Lifespan

- **Segment 1: Introduction**
  - Lifespan view of attachment and cultivating relational resilience
  - Personal, professional, public sector and planetary applications of a relational framework
  - Invitation to have a dual focus as a clinician and member of the human family
  
- **Segment 2: Attachment**
  - Consideration of the definitions and applications of attachment theory
  - Attachment patterns or strategies as fluid states of mind, not rigid categories
  - IPNB concept of integration applied to attachment research
  
- **Segment 3: Foundations of Attachment Research**
  - History and emergence of the modern understanding of attachment research
  - An integrative view of attachment patterns
  - Attachment and the evolution of the human mind
  
- **Segment 4: Foundations of Attachment Research Part 2**
  - Survey of significant cultural and historical milestones of attachment research
  - The role of attachment in development and behavior
  - Practical applications of attachment research
  
- **Segment 5: The Infant Strange Situation**
  - Attachment relationships through the IPNB framework of energy and information flow
  - Overview and findings of the landmark attachment research paradigm, The infant Strange Situation
  - Characteristics of reunion behavior correlated to secure, avoidant and ambivalent attachment

- **Segment 6: The Infant Strange Situation and Patterns of Parent-Child Interaction**
  - Patterns of parent-child interactions correlated to secure, avoidant, and ambivalent attachment
  - Characteristics of a parent of a child with the main attachment patterns
  - Discovery of disorganized attachment
  
- **Segment 7: Disorganized Attachment**
  - The biological paradox of disorganized attachment
  - The role of developmental trauma
  - How attachment shapes the developing sense of self
  
- **Segment 8: The Development of Self**
  - IPNB definition of self and the impact of attachment experiences and temperament
  - The role of the core self, relational self, and narrative self
  - Implications of the modern construction of a solo-self
  
- **Segment 9: Self, States of Mind, and the Brain**
  - Development of the self in the context of relationships
  - Configuration of states of mind in the nervous system
  - Integrated states of mind and relational resilience
  
- **Segment 10: Patterns of Development**
  - Behavior in school and camp associated with various early attachment patterns
  - The impact of positive and negative attachment experiences
  - Attachment patterns as adaptive strategies of the attachment drive
  
- **Segment 11: Adult Attachment**
  - Definitions and applications of adult attachment
  - The role of adult narrative coherence in predicting offspring attachment security
  - The attachment implications of resolved versus unresolved loss and trauma
  
- **Segment 12: The Adult Attachment Interview**
  - Adapting a formal research instrument (AAI) for clinical application
  - Adverse Childhood Experiences study and findings about childhood trauma and negative medical outcomes
  - Three pillar practice to increase brain integration and somatic health

- **Segment 13: The Adult Attachment Interview in Detail**
  - Guiding principles and takeaways of the AAI
  - Memory encoding, storage, and retrieval of explicit and implicit memory
  - The role of narrative and memory integration in the AAI
- **Segment 14: The Questions of the Adult Attachment Interview**
  - Phases and goals of questions in the AAI
  - Taking note of behavioral reactions, schema and activations
  - Tailoring AAI protocol to your therapeutic approach
- **Segment 15: Responses to the Adult Attachment Interview**
  - Secure attachment and narrative coherence
  - Characteristics of responses for secure and non-secure attachment states of mind
  - Tool for exploration of attachment patterns by revealing various states of mind
- **Segment 16: Integrative Transformation**
  - IPNB definition of integrative transformation
  - Secure attachment as flexible, adaptive, coherent, energized, stable (FACES) flow
  - Integrative relationship as presence, attunement, resonance and trust (PART)
- **Segment 17: Exploring Secure Attachment as Integration**
  - Avoidant attachment state of mind
  - Brain adaptations and strategy of avoidant attachment
  - Goal for avoidant attachment to move toward security and integration
- **Segment 18: Exploring Secure Attachment as Integration through the Lens of Ambivalence and Preoccupied Attachment**
  - Ambivalent attachment state of mind
  - Brain adaptations and strategy of ambivalent attachment
  - Goal for ambivalent attachment to move toward security and integration
- **Segment 19: Exploring Secure Attachment as Integration through the Lens of Disorganized Attachment**
  - Disorganized attachment state of mind
  - Brain adaptations and strategy of disorganized attachment
  - Goal for disorganized attachment to move toward security and integration
- **Segment 20: Consciousness and Change**

- Integrated consciousness and increasing attachment security
- Science of consciousness
- Integrating energy flow to create relational resilience
  
- **Segment 21: The Plane of Possibility**
  - Physics of the Plane of Possibility
  - Non-secure attachment through the framework of the Plane of Possibility
  - Accessing the Plane of Possibility to create integration and attachment security
  
- **Segment 22: Awareness as the Portal for Integration**
  - The role of uncertainty in non-secure attachment patterns
  - Accessing curiosity, openness, acceptance and love
  - Wheel of Awareness practice as a pathway to transformation
  
- **Segment 23: Developmental Pathways toward Wholeness**
  - Self, identity, and belonging
  - Non-secure attachment and developmental pathways
  - Neural connections and developmental pathways
  
- **Segment 24: Patterns of Developmental Pathways**
  - Proposal of patterns of developmental pathways (PDP model)
  - Subcortical motivational networks and emotions
  - The role of non-secure attachment and personality development
  
- **Segment 25: Wholeness and the Journey of Personality**
  - The origin of the fundamental drive for wholeness and connectedness
  - The role of memory and the nervous system
  - The relationship of attachment and temperament
  
- **Segment 26: Temperament and Attachment in the Cultivation of Personality**
  - The development of personality
  - The impact of non-secure attachment on developmental pathways
  - Cultivating integrative developmental pathways
  
- **Segment 27: Pathways of Development Driven by Vector and Orientation of Attention**
  - The role of vector and orientation of attention in developmental pathways
  - The impact of developmental pathways on behavior
  - Accessing awareness to expand vectors

- **Segment 28: Working with your Growth Edge**
  - Relational resilience using the Plane of Possibility
  - Wheel of Awareness practice to create relational repairs
  - The value of identifying your growth edge
  
- **Segment 29: Attachment Meets Temperament in the Cultivation of Personality and the Movement toward Integration**
  - Increasing attachment security and integrating developmental pathways
  - Cultivating integrative relational fields
  - Flexible capacity for multiple attachment patterns and developmental pathways
  
- **Segment 30: Conclusion: Attachment and relational resilience across the lifespan**