



Healing Trauma: IPNB Clinical Strategies for Applying the 9 Domains of Integration toward Deep Therapeutic Growth

Segment 1: Introduction (*about 28 minutes*)

- Trauma as disruption of core beliefs about the world
- Chaos and rigidity as outcomes of blockages to integration
- Balancing differentiation and linkage in cultivate integration to heal trauma

Segment 2: What We Mean by “Healing Trauma” (*about 30 minutes*)

- Interpersonal neurobiology: a consilient approach across disciplines for exploring the mind
- The five aspects of empathy
- Naming the Nine Domains of Integration

Segment 3: Trauma & The Nine Domains of Integration (*about 48 minutes*)

- Mapping the domains of integration onto mindful movements
- How energy becomes information through meaning-making
- Using the Wheel of Awareness to access the Plane of Possibility

Segment 4: Exercise – The Nine Domains of Integration Movement Practice (*about 37 minutes*)

- Customizing the practice to your body’s needs and limits
- The traditional foundations of this integrated movement practice
- Using movement to embody each of the Nine Domains of Integration

Segment 5: The Neurobiology of Trauma (*about 32 minutes*)

- Brief overview of the structure of the brain and nervous system
- Explaining genetic vulnerability to trauma
- Using the connectome to explain how the brain works as a holistic system

Segment 6: An Overview of Subcortical Systems (*about 45 minutes*)

- Applying polyvagal theory to explore the impact of trauma on subcortical networks
- How shame affects subcortical networks and impedes integration
- Overview of the seven subcortical motivational networks

Segment 7: The Window of Tolerance (*about 38 minutes*)

- Explaining the Plane of Possibility and the movement of energy from possibility to actuality
- Exploring the three Ps of the Plane of Possibility
- Understanding how we model our world based on our past experiences

Segment 8: The First Domain of Integration – Memory Integration (*about 36 minutes*)

- Describing how traumatic experiences impact memory encoding
- Understanding how implicit memory encodes traumatic experience
- Using memory integration to heal trauma

Segment 9: The Second Domain of Integration – Narrative Integration (*about 28 minutes*)

- Defining the narrative process and how narrative is constructed
- Exploring how parenting approach and attachment relationships affect narrative integration
- Exploring the relationship between narrative disintegration and dissociation

Segment 10: The Third Domain of Integration – Interpersonal Integration (*about 45 minutes*)

- Defining interpersonal integration
- Describing “posttraumatic growth”
- Exploring how sensory integration challenges resulting from trauma impede interpersonal integration

Segment 11: The Fourth Domain of Integration – State Integration (*about 55 minutes*)

- Exploring differentiated and linked elements of mental and neurological states
- Using the Adult Attachment Interview to understand state rigidity may have been acquired through developmental trauma
- Using therapy to explore and integrate states of self-experience

Segment 12: The Fifth Domain of Integration – Vertical Integration (*about 28 minutes*)

- Understanding how energy travels from our sensory organs to the frontal lobe
- Exploring how trauma can impede vertical integration
- Clinical example of healing trauma through vertical integration

Segment 13: The Sixth Domain of Integration – Bilateral Integration (*about 40 minutes*)

- Describing historical and modern views of the functions of the right and left hemispheres of the brain
- Exploring attachment strategies, developmental trauma, and survival mechanisms that impede bilateral integration
- Clinical example of healing trauma through bilateral integration

Segment 14: The Seventh Domain of Integration – Consciousness Integration (*about 43 minutes*)

- Exploring consciousness as a gateway to intentional change in therapy
- Describing consciousness integration using the Plane of Possibility
- Using the Three P perspective of the Plane of Possibility to access awareness

Segment 15: The Eighth Domain of Integration – Temporal Integration (*about 21 minutes*)

- Contrasting Newtonian and quantum physics to gain perspective on time integration
- Using the Wheel of Awareness practice to build temporal integration
- Clinical example of healing trauma through temporal integration

Segment 16: The Ninth Domain of Integration – Identity Integration (*about 55 minutes*)

- Walkthrough of how to apply identity integration approaches to oneself
- Describing the continuum of identity and the trauma of disconnection
- Using intraconnectedness to build greater connection to the world around us