

Interpersonal Neurobiology

Presenters

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Abstract

This presentation explores the model of Interpersonal Neurobiology (IPNB) as Integrative Therapy (IT). This presentation provides information on three primary authors of IPNB: Daniel J. Siegel, Louis Cozolino, and Marion Solomon. In addition, this presentation provides the theoretical framework of IPNB. The theoretical framework integrates the mind, brain, and relationships through the lens of neuroplasticity of the human neural network. Finally, this presentation provides two experiential exercises created by Dr. Daniel Siegel: Hand Model and the Healthy Mind Platter. The exploration of the IPNB model is important because it incorporates the data from fourteen scientific disciplines including psychology and psychiatry and develops a holistic and integrative model for emotional and mental well-being. The presentation has three learning outcomes. First, participants will recall the primary authors. Second, participants will explain the theoretical model of the IPNB. Third, participants will apply the theoretical model through group participation.

Keywords: Interpersonal neurobiology, integration, mind, brain, relationships, empathy, neuroplasticity

Primary Authors

1. Daniel J. Siegel: - A contemporary neuro-psychiatrist (called the pioneer of Interpersonal Neurobiology (IPNB) and coined the term “mindsight”) (Cite)
 - Founded the Mindsight Institute and the Center for Human Development
 - The founding co-director of the Mindful Awareness Research Center
 - Author of *The Developing Mind: How Relationships and the Brain interact to Shape who we are*
2. Louis Cozolino: - A clinical psychologist and neuroscientist researcher
 - Interested in the integration of neuroscience and psychotherapy
 - Author of *The Neuroscience of Psychotherapy, the Healthy Brain, and the Neuroscience of human Relationships* (Cite)
3. Marion Solomon: - A psychologist specializing in couples and relationship therapy and individual therapy
 - Interested in neuroscience and relationship issues
 - Author of *Narcissism and Intimacy, Healing Moments in Psychotherapy, and Healing Trauma* (Cite)

Theoretical Framework

1. Integration
 - a. Integration keeps humans from straying into chaos or rigidity
 - b. The integrated mind is Flexible, Adaptive, Coherent, Energized and Stable
 - c. Domains of integration are Consciousness, Horizontal/Bilateral, Vertical, Memory, Narrative, State, Interpersonal, Transpiration (Cite if information is directly from sources)

2. Mind
 - a. The mind is both embodied (neuroplasticity) and relational
 - b. The Triangle of Well-Being

Experiential Exercise

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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89/100

I enjoyed your presentation Team Jinwon, Ken and Brandon! Your PPT and Hand-Out were nicely organized and you provided a meaningful and effective learning activity for the class. Thank you for creating a memorable presentation!

Point loss was due to the mechanical errors on the hand-out and ppt.

Keep shining team! ☺

