

What is the “Integration” of “Integrative Mental Health”?

*Well-being through the lens of Interpersonal
Neurobiology*

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Mind Your Brain

Basic Questions:

➤ What is the
MIND?

➤ What is a
Healthy
Mind?

➤ How can we
cultivate
Mental Health?

Overview of Key Conceptual IPNB Proposals

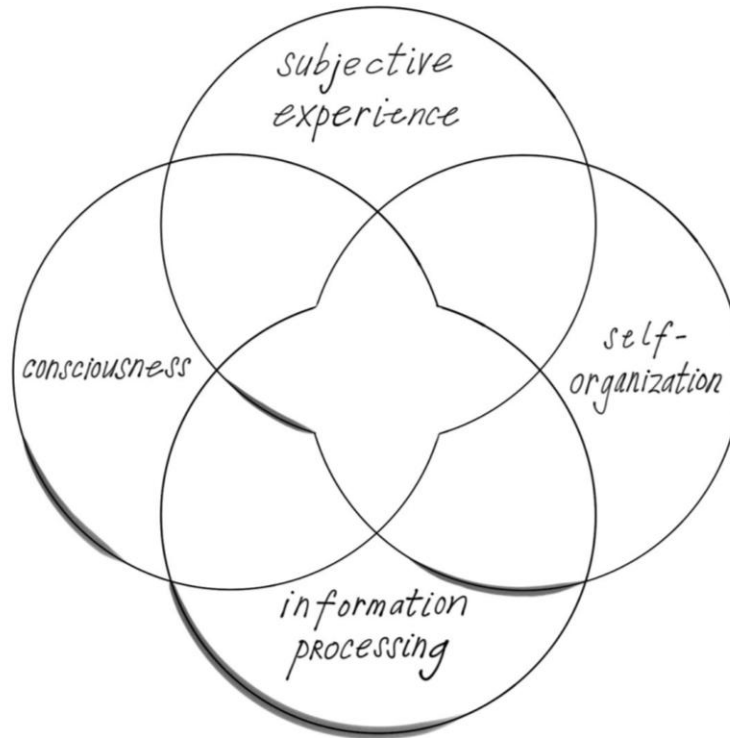
1. The MIND is emergent phenomena of ENERGY Flow
2. Mind is broader than the brain, bigger than the body
3. ENERGY is the movement from POSSIBILITY to ACTUALITY
4. Optimal Self-Organization of Complex Systems: The Linkage of Differentiated aspects = “Integration” → FACES flow of Flexible, Adaptive, Coherent, Energized & Stable
5. Energy Flows as Conduit or Constructor of Information: Our mind constructs CATEGORIES, CONCEPTS, SYMBOLS
6. AWARENESS emerges from a PLANE OF POSSIBILITY
7. Plateaus and Peaks may shape our “Sense of Self” and directly influence Identity and Belonging
8. “SELF” can be viewed as a center of SPA: Subjectivity, Perspective and Agency--Modern Culture teaches that the Self is a separate, noun-like entity.
9. Nine Domains of Integration enable a FACES flow in the River of Integration and help to widen our Windows of Tolerance
10. IntraConnection as an Integrated Self would weave the noun and verb ways of being, and the inner and inter self: Me plus We equals MWe

Neuroplasticity and Attention

“Where Attention Goes,
Neural Firing Flows, and
Neural Connection Grows”

The Mind's Many Facets

FOUR FACETS of MIND



A Working Definition of a Core Aspect of the Mind

An Embodied and Relational Self-Organizing Emergent
Process that Regulates the
Flow of Energy and Information

(Self-Organization emerges from the flow of energy
within *embodied* activity and *relational* connections)

Optimal Self-Organization

emerges with the

**Linkage of
Differentiated Parts**

= “INTEGRATION”

Domains of Integration

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

Integration – Resilience and Health arise from the **FACES Flow**

***F*lexible**

***A*daptive**

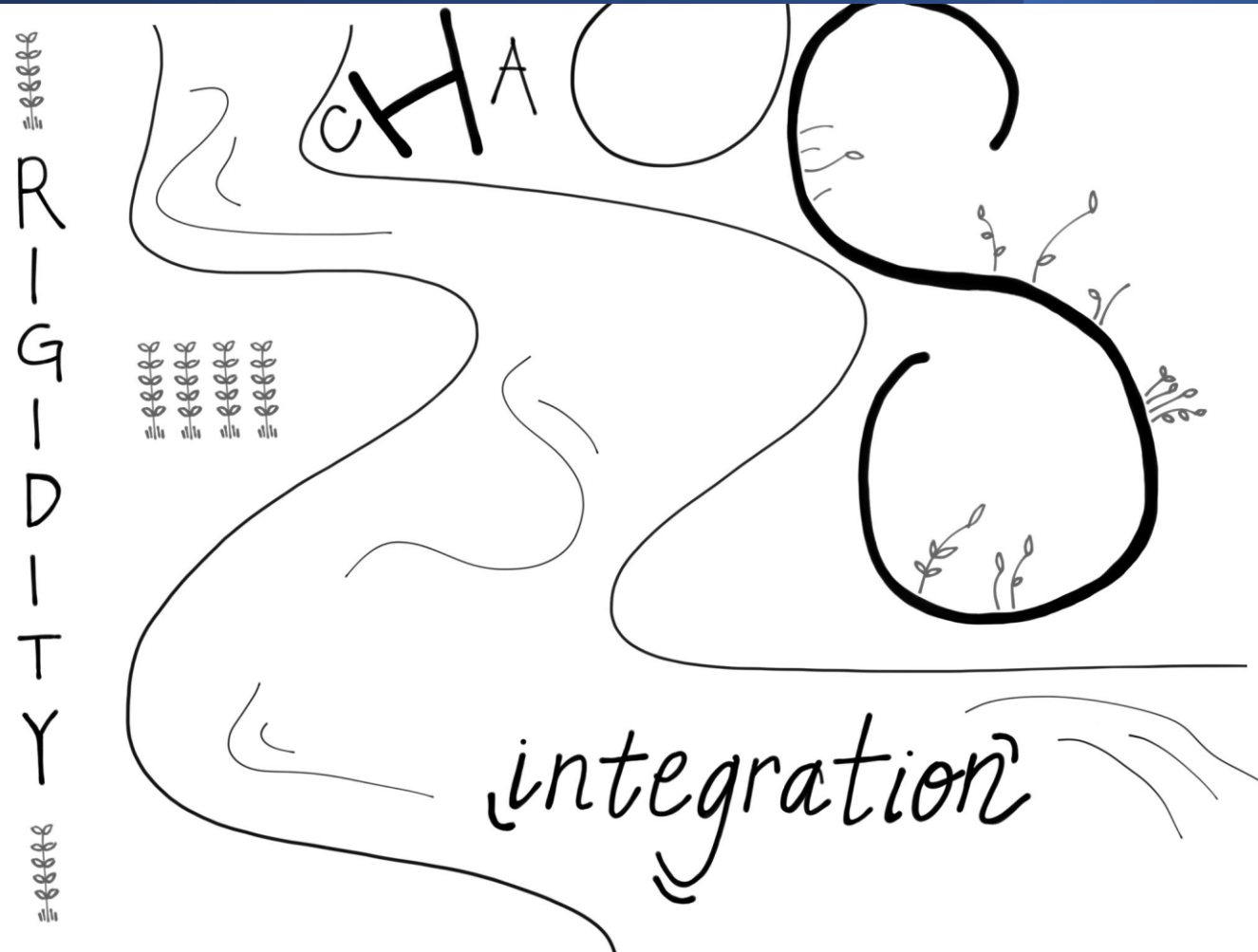
***C*oherent**

***E*nergized**

***S*table**

 **HARMONY**

The River of Integration



The Window of Tolerance

The River of Integration but in a Moment of Time
Can Be Narrowed or Widened

 **CHAOS** 



INTEGRATION



FACES FLOW of HARMONY



 **RIGIDITY** 

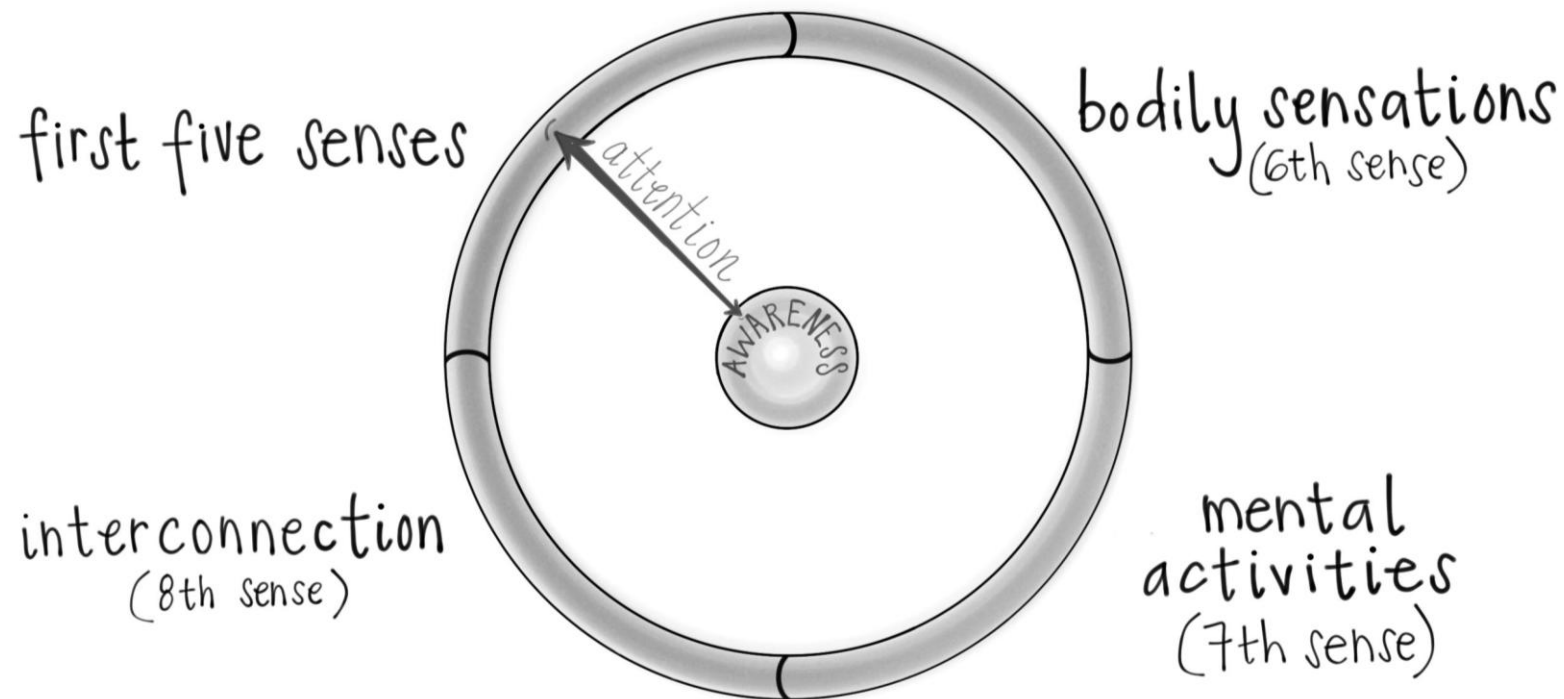
Domains of Integration and Well-Being

Consciousness: Differentiating the Knowing from the Knowns
and Linking them within Awareness

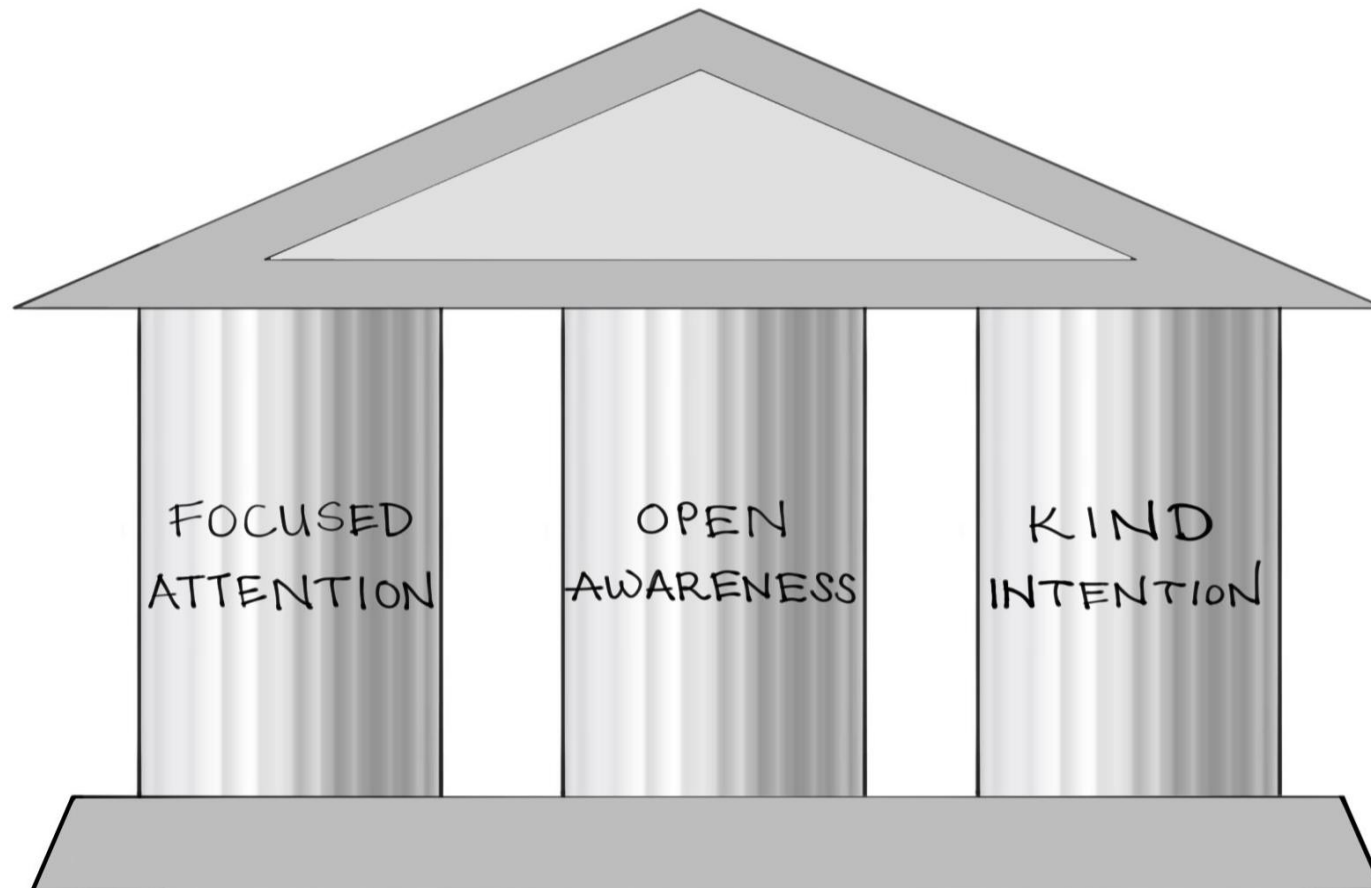
➤ The Wheel of Awareness

Integrating Consciousness

WHEEL OF AWARENESS



Three Pillars of Mind Training



Empirical Findings of the Outcome of Three Pillar Practice

1. **Reduction in stress** hormone, cortisol
2. Enhancement of **immune** function
3. Improvement in **cardiovascular** risk factors
4. **Reduction in inflammation** via epigenetic changes
5. Optimization of telomerase—Repairs and maintains ends of **chromosomes—Slows Aging**
6. **Integration** of structure and function of Brain: Corpus Callosum, Hippocampus, Prefrontal Cortex, Connectome

Domains of Integration and Well-Being

2. Bilateral: Differentiating and Linking same level of neural processing, Left from Right

- the nonverbal, early-developing, broad focus of attention, autobiographical, integrated map of bodily interior Right Mode from the:
- Linguistic, literal, list-making, logical (syllogistic reasoning), Narrow focus of attention, factual

A Science of Hope

- When Possibility is greater than Actuality
- GRASSPPP:
 - Goal
 - Reflection
 - Agency
 - Social Support
 - Pathway with a Purposeful Project

Energy as Probability

“Energy is the movement
from possibility to actuality.”

Domains of Integration and Well-Being

3. Vertical

- Sensory energy flow from the body:
- Interoception, Inner bodily sense: interior upward, traveling along Lamina 1 and the Vagus Nerve to the Posterior Insula, then the Anterior Insula and Anterior Cingulate for primary and secondary maps of bodily state.
- Proprioception—Position sense;
- Kinesthesia, Motion sense;
- “Wisdom of the Body”; Somatic Intuition

Domains of Integration and Well-Being

- 4. Memory
 - Differentiating and Linking:
 - Implicit Memory
 - Bodily Sensations
 - Perceptions
 - Emotions
 - Actions
 - Summaries as Schema or Mental Models
 - Priming
 - Explicit Memory:
 - Autobiographical (Right)
 - Factual (Left)

Domains of Integration and Well-Being

- 5. Narrative
 - Making Sense of Memory
 - Coherent versus Cohesive Narratives
 - Internal Observer:
 - OWN: Observe, Witness, Narrate
 - Living Narratives:
 - Implicit Themes
 - BEATS of Personality Patterns (PDP)

Domains of Integration and Well-Being

6. State

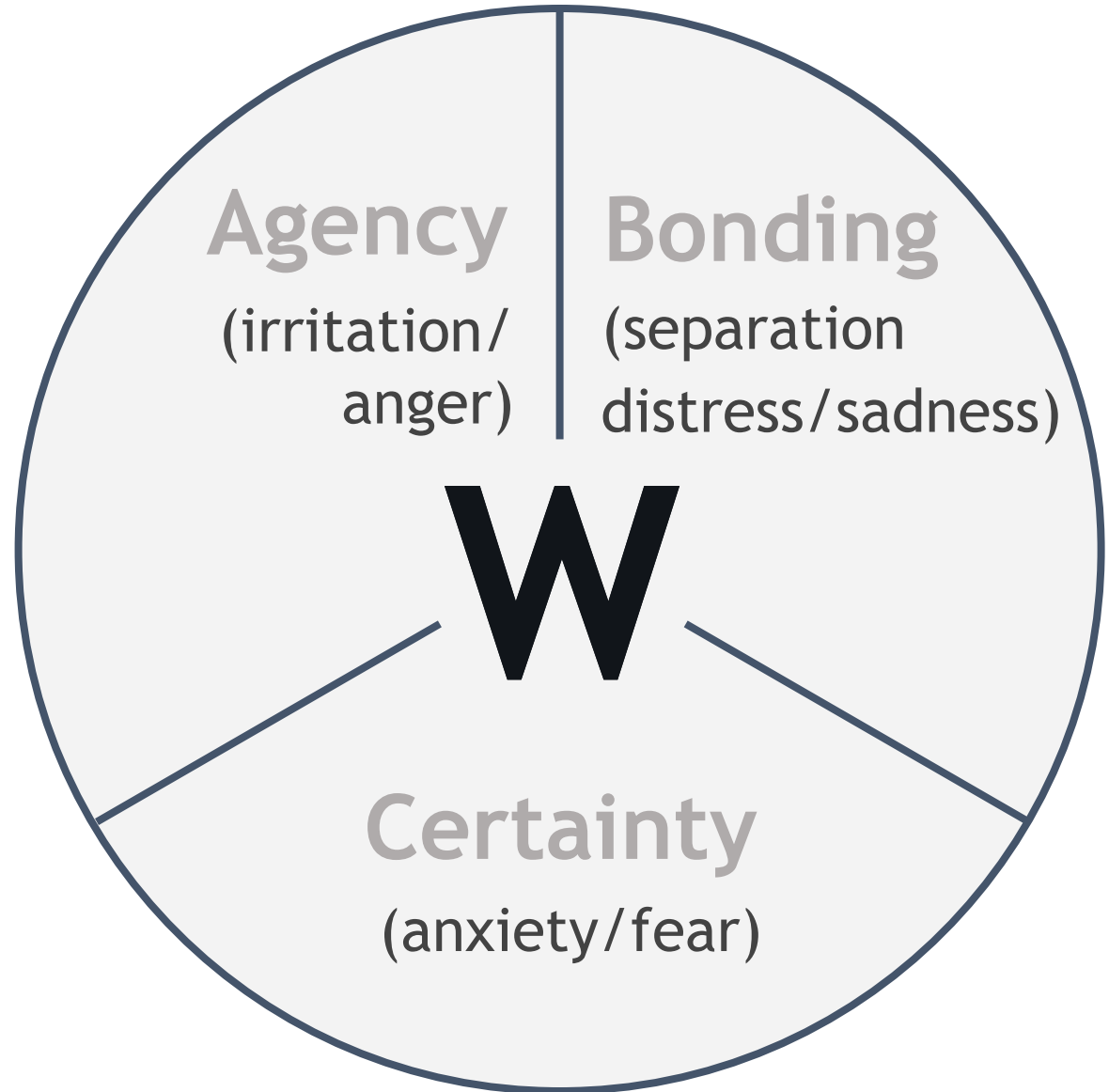
- Internal
- Inter
- Verb nature of self-state processes

Personality
Palette

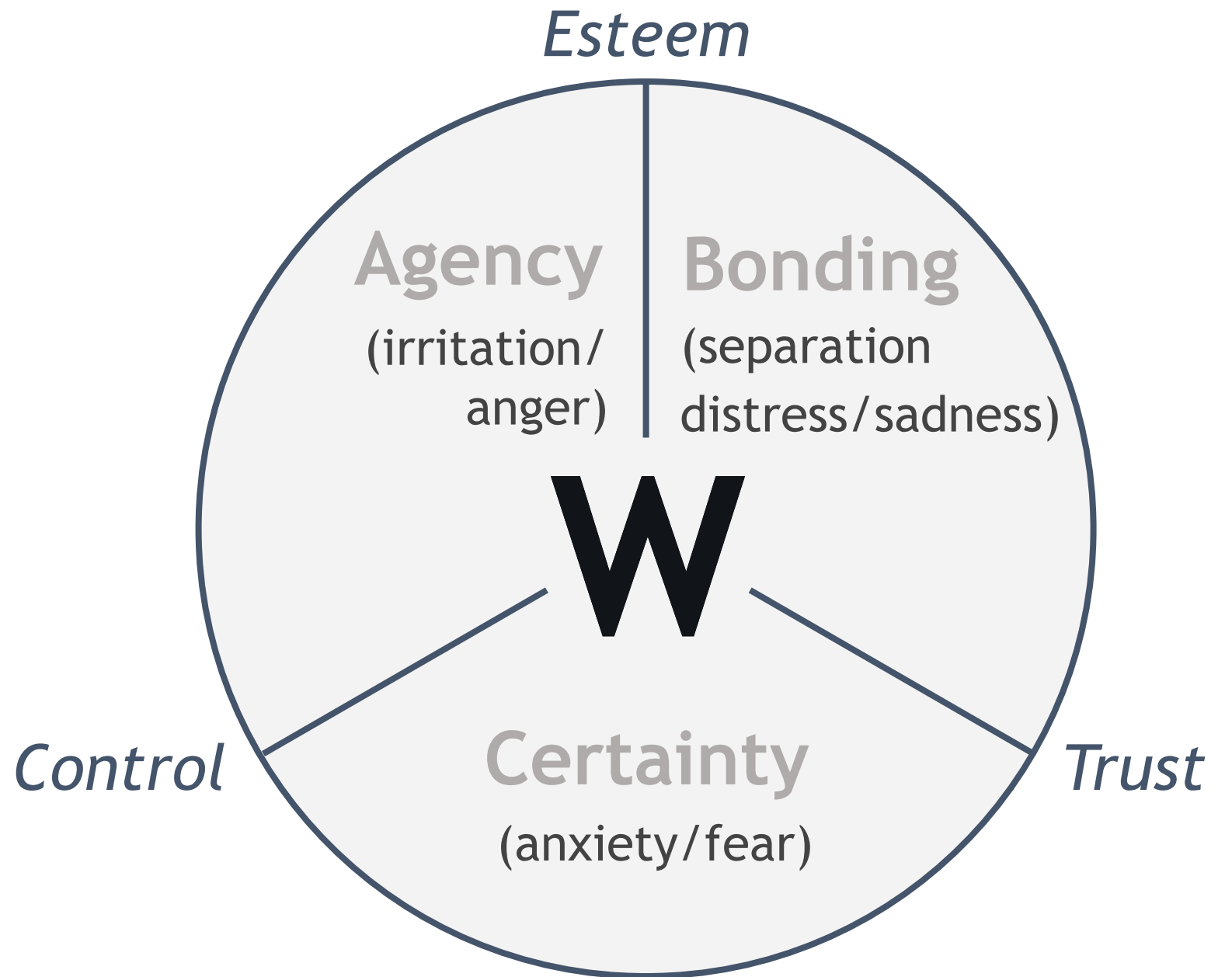


WHOLENESS

Personality Palette



Personality Palette



Personality Palette

VECTOR

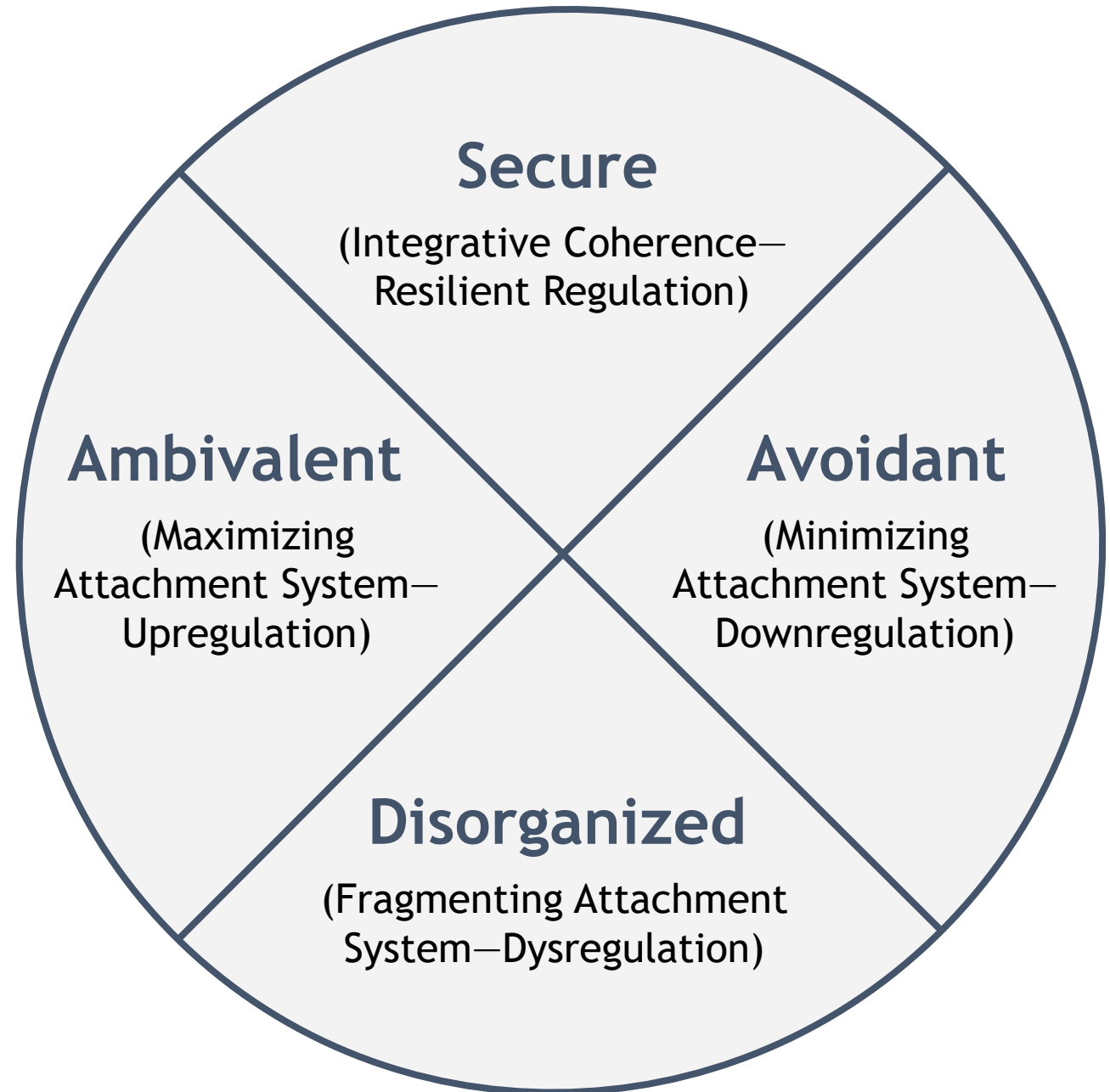
ATTENDENCY			
	Inward	Dyadic	Outward
Agency	A-i Mapping ↓ Down CC: Contain & Channel	A-d Harmonizing ⇨ Shift RR: Reframe & Redirect	A-o Directing ↑ Up EE: Experience & Express
Bonding	B-i Immersing ↑ Up EE	B-d Producing ↓ Down CC	B-o Caregiving ⇨ Shift RR
Certainty	C-i Preparing ↓ Down CC	C-d Questioning ↑ Up EE	C-o Seeking ⇨ Shift RR

Domains of Integration and Well-Being

7. Interpersonal

- Becoming a WE without losing a ME
- Attachment Theory and Research: Four S's
 - Soothed
 - Seen
 - Safe
 - ➔ Secure
 - Inevitable Ruptures are readily, repeatedly, and reliably repaired

Attachment Array



Attachment I: Relationships in Research (ISS: Infant Strange Situation) Studies

<u>Relationship Type</u>		<u>Parenting Behavior</u>
B – Secure		Responsive, Consistent
A – Avoidant		Rejecting, Distant
C – Ambivalent		Inconsistent / Intrusive
D - Disorganized		Frightening, Confusing, Fearful

Attachment II: Adults Making Sense of Their Lives (Adult Attachment Interview)

Adult Narrative

F – Free Secure

Dis - Dismissing

E - Preoccupied

U – Unresolved Trauma
or Grief

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Child Attachment

Secure

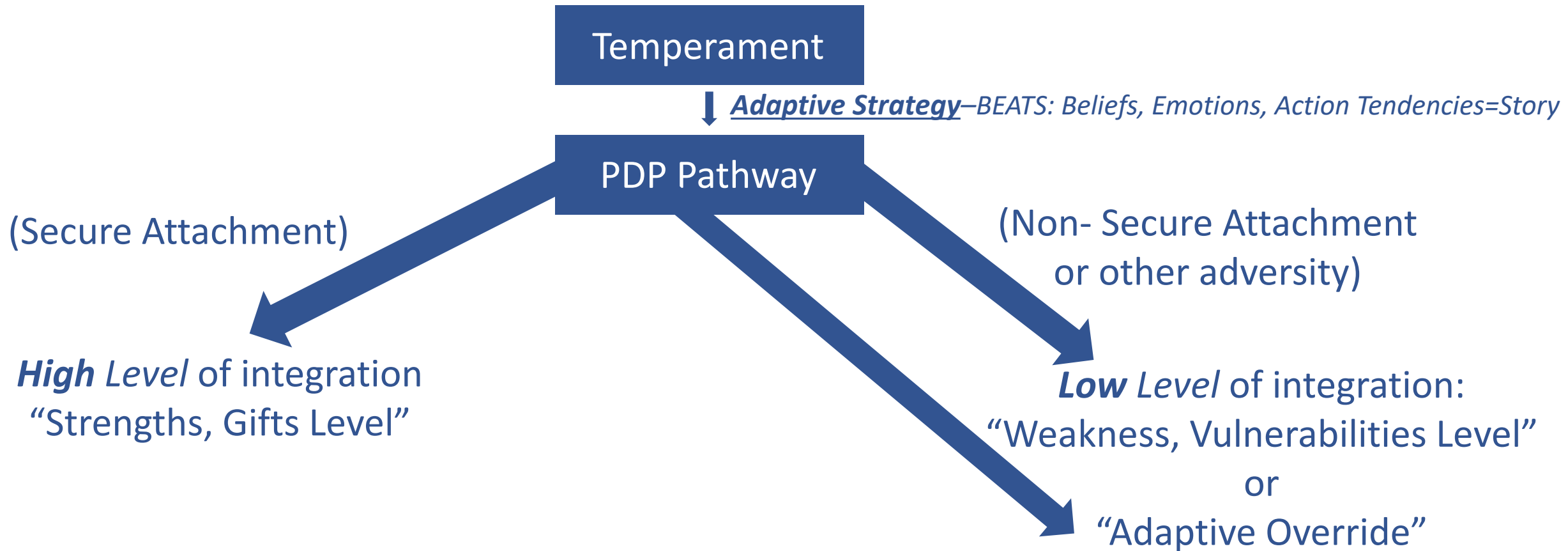
Avoidant

Ambivalent

Disorganized

How Attachment Interfaces with Personality: Shapes Integrative Level of Adaptive Strategy

Patterns of Development Pathways (PDP) Model



Domains of Integration and Well-Being

8. Temporal

- Fundamental Existential Tensions:
 - Longing/Reality:
 - Certainty/Uncertainty
 - Permanence/Transience
 - Immortality/Mortality
- Two realms of One Reality:
 - Macrostate realm of Classical Newtonian Physics: Arrow of Time or directionality of change
 - Microstate realm of Quantum Physics: No Arrow of Time

Domains of Integration and Well-Being

9. Identity

- SPA of subjectivity, perspective, agency of “self”
- Identity Lens, adjusts from close up “inner” to wider “inter” to full breadth “intra”
- Differentiates inner ME from inter We as the intraconnected, integrated identity of:

Me plus We as MWE

An IntraConnected Identity

- Me—An inner SPA of sensation, perspective, agency;
- We—An inter SPA of sensation, perspective, agency;
- MWe—An intraconnected, integration of the inner and the inter:
The differentiated aspects that are linked in an integrative flow do NOT lose their integrity in the integration: IntraConnected.

Who Are MWe?

SIBLINGs in the Family of Life:

Self

Identity

Belonging

Love

IntraConnection

Noesis

Gnosis

The Important PART We Play

PART:

- Presence
- Attunement
- Resonance
- Trust

Pervasive Leadership

A term, in academia, we can use to suggest:

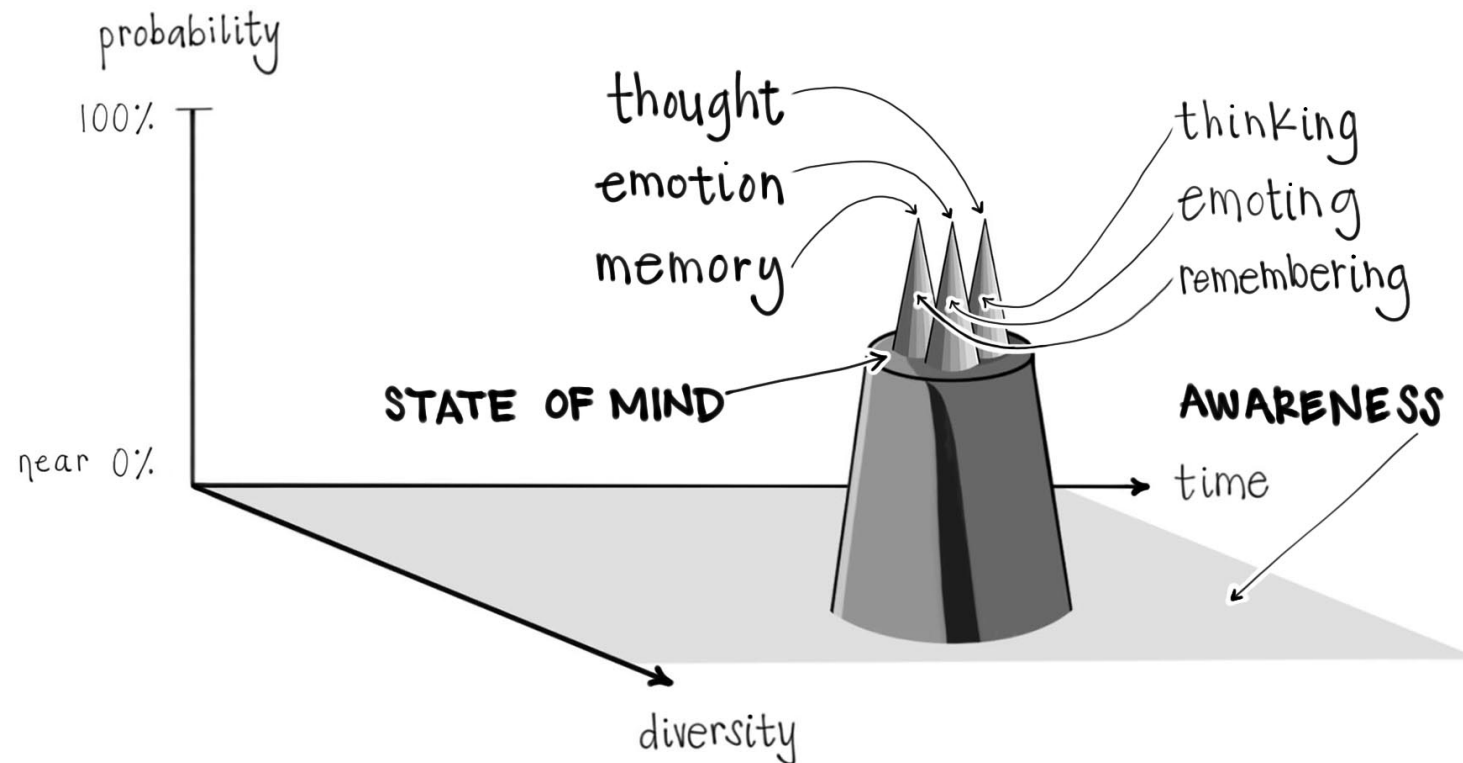
- Each individual can be empowered
- To embody, enact, extend, and embed
- Intention, attention and information
- Focusing energy in a direction of wise action
- Without being fixated on a specific outcome

What might a MWe community embrace?

- Respect, Relatedness, Reciprocity, Reflection;
- Awareness of the reality of intraconnection
- Integration as the heart of healing and health
- Me + We = MWe as an integration of identity

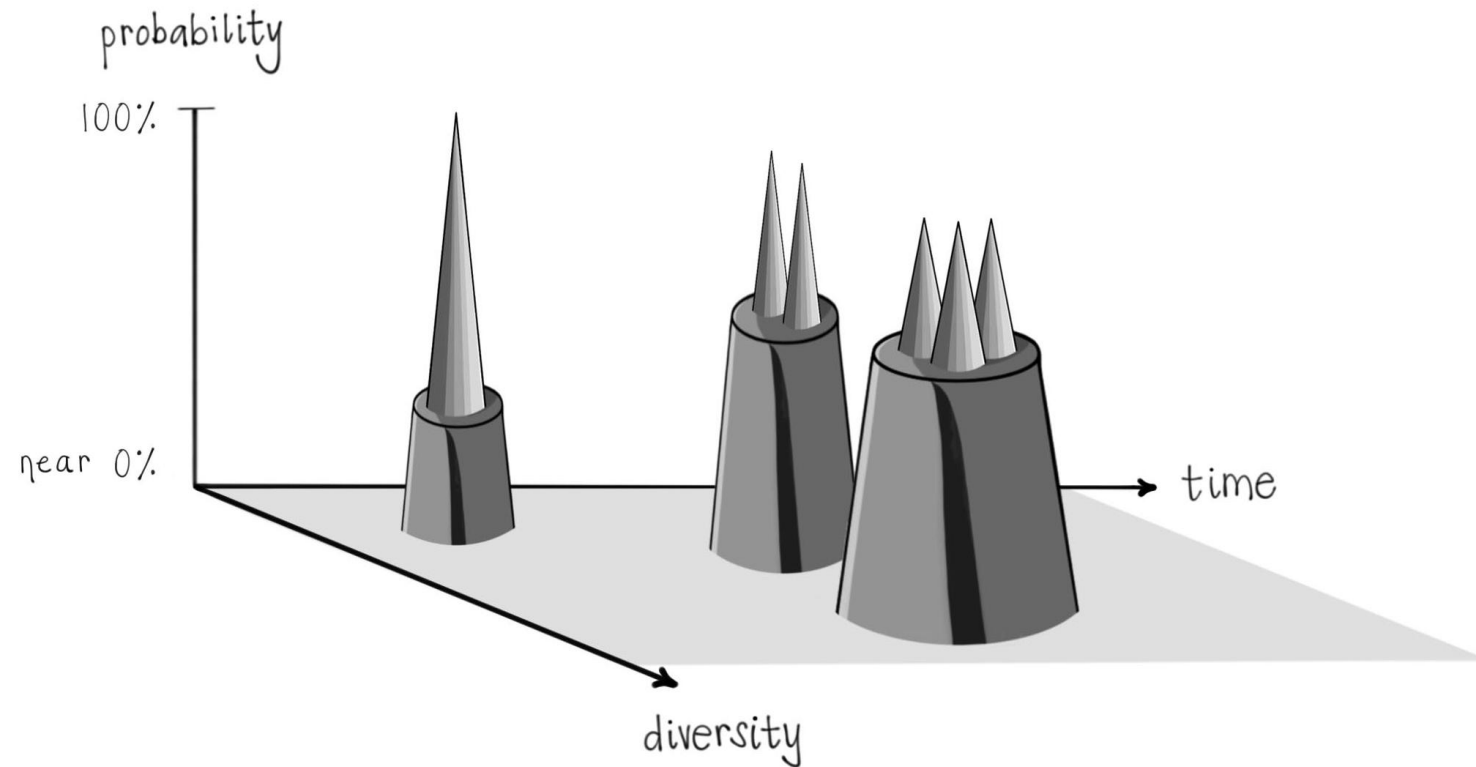
Mental Processes from a 3P Perspective

3P Diagram with State of Mind



Personality as a Filter: Plateaus of the Mind

3-P Diagram



Thank you!