

Dan Siegel: An Integrated Mind

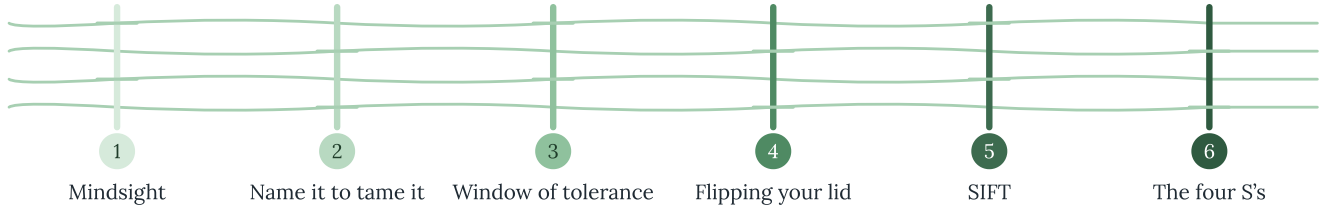
PSYCHOEDUCATION · INTERPERSONAL NEUROBIOLOGY

Key ideas from interpersonal neurobiology, and how to use them

Psychiatrist Daniel Siegel draws together neuroscience, attachment research and mindfulness in a field he calls **interpersonal neurobiology**. He describes the mind as **embodied and relational**, shaped both within us and between us.

01 Integration at the centre

each idea its own thread; the crossing threads link them



Integration means linking parts that stay distinct: areas of the brain, parts of our experience, people in a relationship. In the weave, each idea keeps its own thread while the crossing threads hold them together.

Mind regulates	Brain embodied	Relationships shared
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WHEN WE'RE INTEGRATED, WE TEND TO FEEL ...

F	Flexible able to adjust
A	Adaptive responding to what's needed
C	Coherent making sense, hanging together
E	Energised feeling alive and engaged
S	Stable steady, grounded

02 Six key ideas

each with something to try

1 Mindsight Seeing our own inner world, and others', with curiosity and care. TRY Ask: "What's happening inside me right now?"	2 Name it to tame it Putting a feeling into words can help it settle a little. TRY "I'm noticing frustration."	3 Window of tolerance The zone where we can feel emotions and still think clearly. TRY Notice early signs of drifting out.
4 Flipping your lid Strong emotion can make flexible, reflective thinking harder to access. TRY Pause and breathe before responding.	5 SIFT Sensations, Images, Feelings, Thoughts: a gentle inner check-in. TRY SIFT for a minute before a hard talk.	6 The four S's Seen, safe and soothed: the roots of feeling secure. TRY Who helps me feel seen and safe?

THE RIVER OF INTEGRATION

Chaos flooded	Flow the FACES of integration	Rigidity stuck, shut down
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We move between the banks all the time. The aim isn't to stay perfectly in the middle, but to notice drift and gently return.

THE WINDOW OF TOLERANCE

Above: hyperarousal	anxious, racing, reactive
Within the window	can feel and think at the same time
Below: hypoarousal	numb, flat, disconnected

03 The Healthy Mind Platter

seven daily essentials (Rock & Siegel)

Sleep time rest and recovery	Physical time moving the body	Focus time one task at a time	Time-in quiet inner reflection	Downtime unplanned rest	Play time spontaneous, creative	Connecting time people and nature
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04 My reflection

bring this to your next session

FLIPPED MY LID

A moment this week, and what helped me reconnect

MY WINDOW

What widens my window, and what narrows it

NAME IT TO TAME IT

A feeling I named, and what changed

MY PLATTER

One daily essential I'd like more of

A note on the evidence. These ideas are helpful maps rather than literal descriptions of the brain. Naming feelings has research support (Lieberman et al., 2007), but some wider brain claims remain untested. The window of tolerance is a clinical model rather than a precisely measured system.

SOURCES

Lieberman, M. D., Eisenberger, N. I., Crockett, M. J., Tom, S. M., Pfeifer, J. H., & Way, B. M. (2007). Putting feelings into words: Affect labeling disrupts amygdala activity in response to affective stimuli. *Psychological Science*, 18(5), 421–428. <https://doi.org/10.1111/j.1467-9280.2007.01916.x>
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