



Dan Siegel: Experiential Session and Dynamic Practice to Cultivate Resilience and Wellbeing



Dan Siegel is a renowned Interpersonal Neurobiologist, a Professor of Psychiatry at the UCLA School of Medicine, and the Executive Director of the Mindsight Institute. Discover the importance of integration and learn about the nine domains of integration. Dan takes us on an experiential exploration through symbols, words, and energy.

TOP EMBODIMENT TIP: The separate self is a limiting modern cultural view. Through integration, we can create resilience within the self so that we can create love, kindness, and compassion in our relationships with others and the planet.

The importance of Integration: What is Integration?

- Integration is the relationship between individuals and the different parts of ourselves, as well as our relationship to our families, settings, communities, classrooms, cities, etc.
- Integration is the linkage of our differentiated parts, in which the whole is greater than the sum of its parts.
- Five characteristics of integration (FACES):
 - Flexibility, Adaptability, Coherence (resilience over time), Energy, and Stability.
- Blocking integration moves you towards rigidity and chaos.
- Allowing integration invites harmony, relationality, creativity, and wellbeing.

The Domains of Integration What are the nine domains of Integration?

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| 1. Interpersonal Integration | 4. Memory Integration | 7. Bilateral Integration |
| 2. Temporal Integration | 5. Narrative Integration | 8. Vertical Integration |
| 3. Identity Integration | 6. State Integration | 9. Consciousness Integration |

Brief descriptions of the domains: What does each domain represent?

- 1. We give to one another in humility and openness and we receive with gratitude.
- 2. We are grounded in practical ideas, but open ourselves to ideals; we live in harmony with paradox.
- 3. The inner self is Me; the relational self is We; the integrative self is Mwe. The self is not just inner; it is inter.
- 4. Our experiences of the past lead to influences in the present and carve out how we move into the future.
- 5. We make sense of the memories we have and the stories we tell about ourselves and our experiences.
- 6. We build on our narratives of self that are often constraining and open up to the many facets of who we are.
- 7. Bilateral Integration - Linking the differentiated aspects of the left and right self brings wellbeing and creativity.
- 8. We ground ourselves in the heart and gut brains and allow the head brain to put language to our experiences.
- 9. Energy is the movement from possibility to actuality.

Resources :

- ❖ **Books:** https://www.drdansiegel.com/books_and_more/
- ❖ **Website:** <https://www.drdansiegel.com>
- ❖ **Courses:** <https://www.mindsightinstitute.com/online-courses/>



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