

The Role of Play and Creativity in Psychotherapy

Daniel J. Siegel, M.D.



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MATERIALS PROVIDED BY

Daniel J. Siegel, M.D. is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA's Mindful Awareness Research Center, founding co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities.

Dr. Siegel's psychotherapy practice spans 30 years, and he has published extensively for the professional audience. He serves as the founding editor for the Norton Professional Series on Interpersonal Neurobiology which includes over three dozen textbooks. Dr. Siegel's books include *Mindsight*, *Pocket Guide to Interpersonal Neurobiology*, *The Developing Mind*, Second Edition, *The Mindful Therapist*, *The Mindful Brain*, *Parenting from the Inside Out* (with Mary Hartzell, M.Ed.), and the three New York Times bestsellers: *Brainstorm*, *The Whole-Brain Child* (with Tina Payne Bryson, Ph.D.), *No-Drama Discipline* (with Tina Payne Bryson, Ph.D.), and his latest *The Whole Brain Child Workbook* (with Tina Payne Bryson, Ph.D.).

Dr. Siegel's ability to make complicated concepts exciting as well as easy to understand has led him to be invited to address local, national and international organizations where he speaks to groups of educators, parents, public administrators, healthcare providers, policy-makers, clergy and neuroscientists. He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. He lives in southern California with his family.

Speaker Disclosures:

Financial: Dr. Daniel J. Siegel is a clinical professor at the UCLA School of Medicine. He is the executive director of the Mindsight Institute. He is an author for W.W. Norton publishing and receives royalties. He is an author for Bantam publishing and receives royalties. He is an author for Guilford Press and receives royalties. He is an author for Tarcher/Penguin and receives royalties. He is an author for Random House and receives royalties. He receives a speaking honorarium from PESI, Inc.

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Play: Relationships, Brain and Mind
Daniel J. Siegel, M.D.
Mindsight Institute

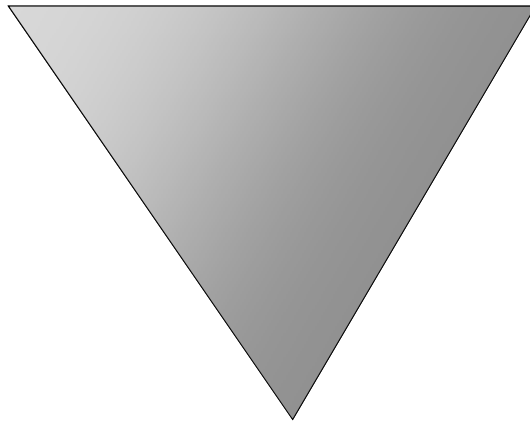


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A TRIANGLE OF HUMAN EXPERIENCE

MIND

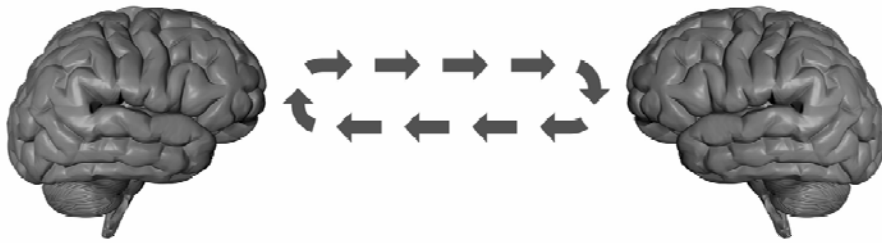
EMBODIED
BRAIN



RELATIONSHIPS

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Mindsight and Neural Integration



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Mindsight

1. Insight
2. Empathy
3. Integration

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Presence, Play and the Social Brain

- What does it mean to be “present”?
- Why is presence one of the most important aspects of our interpersonal relationships?
- How does presence increase telomerase, improve epigenetic regulation, and enhance immune function?
- What is the connection between play and PART: presence, attunement, resonance and trust?

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

◆ Relationship Type

- B - Secure
- A - Avoidant.....
- C - Ambivalent
- D - Disorganized.....

◆ Parenting Behavior

- Responsive, Consistent
- Rejecting, Distant
- Inconsistent/Intrusive
- Frightening, Confusing, Fearful

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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

(An Emergent Property arises from the
interactions of elements of a system—i.e.
from the flow of energy within embodied
neural activity and relational communication)

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Major Mindsight Principles

- Mind viewed as a self-organizing emergent property or process that *REGULATES energy and information flow*
- The mind is both EMBODIED and RELATIONAL
- Regulation entails MONITORING and MODIFYING
- Harmony emerges from **integration**—*the linkage of differentiated elements of a system*
- **Chaos and/or Rigidity** result from impaired integration

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Integration: A simple but powerful framework

Integration is:

The
LINKAGE
of
DIFFERENTIATED

Parts

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The River of Integration



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Domains of Integration

- 1. Consciousness
- 2. Vertical
- 3. Bilateral
- 4. Memory
- 5. Narrative
- 6. State
- 7. Interpersonal
- 8. Temporal
- 9. Transpirational/Identity

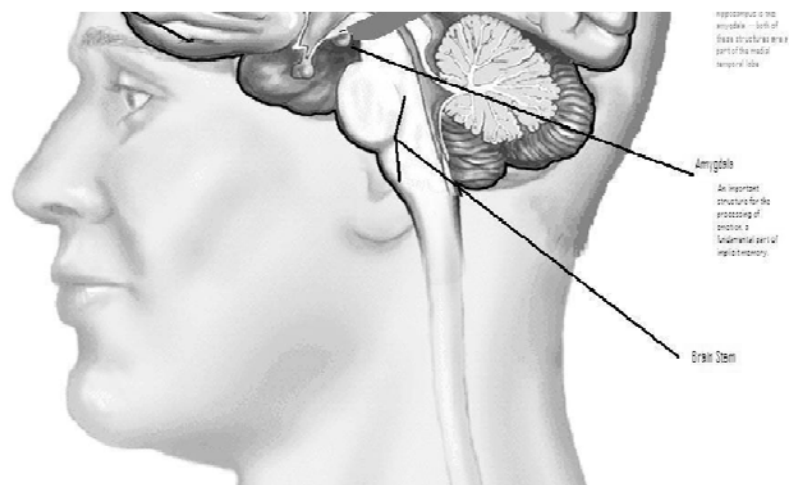
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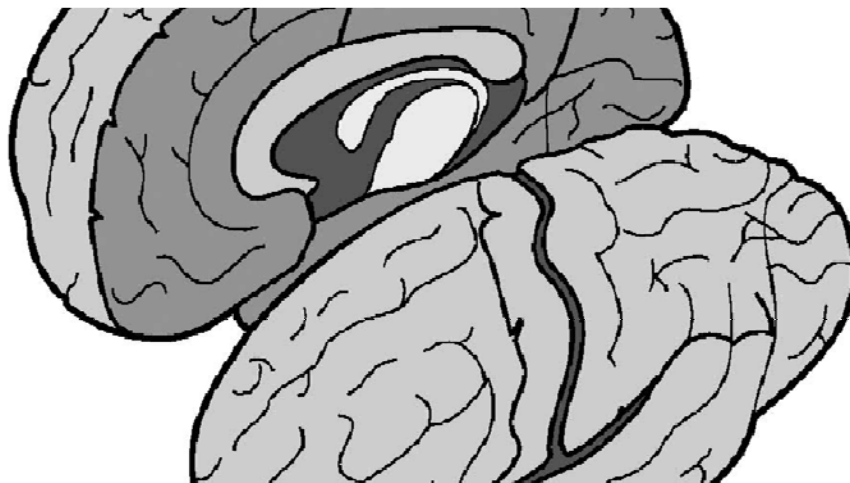
Integrative Functions of the Prefrontal Cortex

1. Bodily Regulation
2. Attuned Communication
3. Emotional Balance
4. Fear Modulation
5. Flexible Responding
6. Insight
7. Empathy
8. Morality
9. Intuition

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Ways to Change a Brain

- Mechanisms of Change:
 - Synaptogenesis
 - Neurogenesis
 - Myelinogenesis
 - Epigenesis

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Principles of Neuroplasticity

- 1. Relationships
- 2. Sleep
- 3. Nutrition
- 4. Aerobic Exercise
- 5. Novelty
- 6. Close Paying of Attention

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Strategies of Intervention

- The psychotherapeutic relationship “SNAGs”
the brain toward integration:

Stimulates

Neuronal

Activation &

Growth

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A Proposal

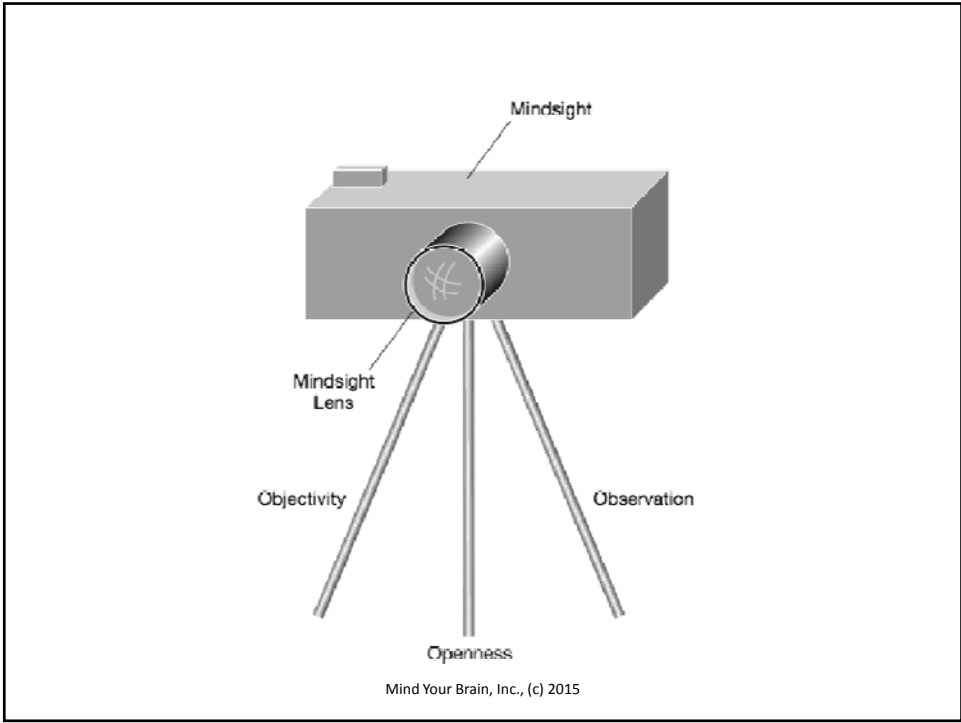
Inter-Personal Attunement
AND
Intra-Personal Attunement
Harness Similar Neural Mechanisms
That promote Neural Integration
And Mental Coherence

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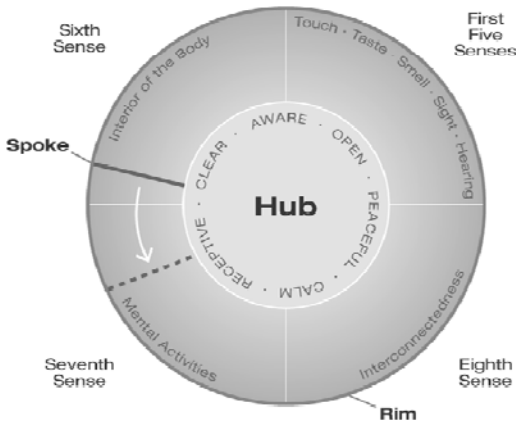
PLAYING with REGULATION

- Monitoring
- Modifying

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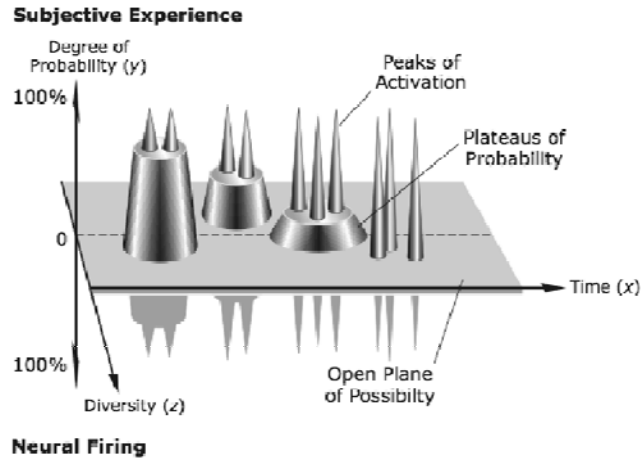


The Wheel of Awareness



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The Plane of Possibility



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“SELF”:
Singular Noun
or
Plural Verb?

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“MWe”

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