

### Mindfulness, Mindsight and the Brain: What is Mind and Mental Health?

Can we describe a 'healthy mind'? Defining a core aspect of the mind as an 'embodied and relational process that regulates the flow of energy and information' allow us to move deeply into understanding new ways of seeing the interconnections among brain, interpersonal relationships and the mind. This view is a part of the larger interdisciplinary field called "interpersonal neurobiology" of which Dr. Siegel is the Founding Editor of its professional series of texts. In this presentation we'll discuss strategies that patients can learn to monitor and modify energy and information flow with more clarity and power, and also describe how the concept of integration can serve as an organizing principle that illuminates the nature of resilience and well-being. Integration is defined as the linkage of differentiated parts of a system. When integration is present, flexibility and harmony result; when integration is absent, chaos or rigidity occur. An examination of the DSM (III or IV) reveals pervasive examples of symptoms and syndromes that reflect states of chaos, rigidity, or both. Beyond seeing the DSM in a new light, our discussion will also focus on the clinical utility of integration as a central mechanism of health that can be revealed in studies of clinical interventions seen through this new perspective. For example, one aspect of integration relates to the experience of consciousness that enables what is the focus of attention to be differentiated from the process of awareness itself. Practices that promote mindful awareness are proposed in this view to catalyze states of neural integration at the heart of the mechanism of treatment efficacy. Clinical applications of the integrative effects of mindfulness training for individuals with conditions such as obsessive-compulsive disorder, anxiety, mood disorders, substance abuse and potentially PTSD will be discussed to highlight the practical utility of this approach in psychotherapeutic interventions. Ample time will be available throughout the day for trainees to discuss these findings and their clinical and educational implications.

# NFI VT,

along with

## Whole Heart, Inc.,

and

## Burlington College

are

### Pleased to Present:

**DANIEL J. SIEGEL, MD**

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**Tuesday, May 6th:**

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**8:30am-4:00pm**

**Essex Cinemas, 21 Essex Way**

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**NFI Vermont, Inc.**

### Minding the Teenage Brain: Adolescence as a Period of Opportunity and Vulnerability for Mental Health (From Dr. Siegel's new book, "Brainstorm")

Why do the majority of serious challenges to mental health emerge during the adolescent period, the second dozen years of life? Difficulties with the regulation of mood, thought, anxiety, and social interactions are most likely to arise during the teens and early twenties. To understand this finding and how to best offer clinical support to adolescents, neuropsychiatrist Dan Siegel, M.D., will explore the current scientific view of how changes in the teenage brain influence emotion, thought, decisions, behavior, and interpersonal relationships.

The pruning and myelination that are at the heart of this period of "brain remodeling" may be the root of risk during this vulnerable period of life. By dispelling many of the commonly held myths about the teenage period, this presentation will offer insights into hyper-rational thinking, impulsivity, changes in the dopamine drive for reward, and increases in the emotional reactivity of the brain to illuminate many of the potential risk factors during these transformative years of life.

Rather than seeing adolescence as a period of immaturity or dysfunction, this view suggests that the essence of adolescence—the emotional spark, social engagement, novelty-seeking, and creative explorations—can best be harnessed by supporting these important aspects of our human development.

## Conference Details

## Registration Information

### Daniel J. Siegel, MD Executive Director, Mindsight Institute



Daniel J. Siegel, M.D. is an internationally acclaimed author, award winning educator, and renowned child psychiatrist. He is Clinical Professor of Psychiatry at the School of Medicine at UCLA, where he serves as Co-Director of the Mindful Awareness Research Center. He is also the 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 books include *Mindsight*, *Pocket Guide to Interpersonal Neurobiology*, *The Developing Mind, Second Edition*, *The Mindful Therapist*, and *The Whole-Brain Child* and his latest book, *Brainstorm: The Power and Purpose of the Teenage Brain*.

For more information, please visit:  
[www.DrDanSiegel.com](http://www.DrDanSiegel.com)

Registration: 8:30 am

Lectures Begin: 9:00 am

Lunch: On your own

Lectures End: 4:00 pm

The Conference will be held at the Essex Cinemas, 21 Essex Way, Essex. Convenient parking is available at the Essex Outlet Center and Cinema area.

Please visit their website for directions:  
[www.essexcinemas.com](http://www.essexcinemas.com)

**5.5 CEU credits  
for LICSW, LCMHC, Psychologists,  
and MFT's**

NFI VT is a non-profit mental health agency offering a statewide network of community based treatment and educational services to children and their families.

NFI VT also provides trainings and conferences to the local community, with the goal of improving services to children and their families.

Registration:

Conference Fee.....\$129

For group rates please contact  
Amanda Camper at [amandacamper@nafi.com](mailto:amandacamper@nafi.com)

Space is very limited, so register early!

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To register please visit:

[www.nfivermont.org](http://www.nfivermont.org)

and follow the links to the  
conference registration.

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