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About Dan Siegel's Work Mindsight Institute

The Mindsight Institute, founded by Dr. Dan Siegel, MD, is an educational organization which offers online learning and in-person workshops that focus on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

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About Dan Siegel Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute which focuses on mindsight, insight, empathy, and integration in individuals, families and communities.

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Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine, the founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight Institute.

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Daniel J Siegel Wikipedia

Daniel J. Siegel (born July 17, 1957) is a clinical professor of psychiatry at the UCLA School of Medicine and Executive Director of the Mindsight Institute. which has built its curriculum around Dr. Siegel s Mindsight approach. Siegel is also on the Board of Trustees at the Garrison Institute.

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