

Experiences for Mindsight Presentation

Amiel Martin

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1. Introduce the presentation

“I’m working on this workshop, and because of the time constraint, I’d like to just show you the experiential parts...”

2. Science is teaching us what we already know...

Social rejection and physical pain share the same neural pathways, in other words Social rejection hurts. Well, DUH!

Attachment theory teaches us to raise our children with love and care. Well, DUH!

3. Neuroplasticity

“One of the key practical lessons of modern neuroscience is that the power to direct our attention has within it the power to shape our brain’s firing patterns, as well as the power to shape the architecture of the brain itself.”

- Explain that our brains are plastic, and can change.
- Analogy of the trail in the field.

Every time you walk it, you dig a path, which can get deeper and become a trench. These are your habits, and you can get out of any trench, but the deeper it gets, the more work it is to get out. You might have to dig a staircase in the side, but you can do it.

- “No Guns” skill practice
 - Alternate finger and thumb for each hand
 - Do both synchronous
 - “Notice how easy this is, and that there is nothing muscular keeping you from doing it.”
 - Alternating (the difficult version), and ways to practice it.
 - “By practicing this, you are building new neural circuits. And when you get it, it becomes easy.”

4. Reactivity and Receptivity

- Define them
- Tell some stories about reactive times (maybe have people tell their own stories, not sure if this is a good idea)
- Hand model of the brain, Functions of the Middle Prefrontal Cortex, and how we can “flip our lid”

Bodily Regulation, Attuned Communication, Emotional Balance, Fear Suppression, Response Flexibility, Insight, Empathy, Morality, and Intuition.
- Reactivity experience

“Sit comfortably, close your eyes, and just notice what sensations arise.”

NO, NO, NO, NO, NO, NO, NO... yes, yes, yes, yes, yes, yes

5. Mindfulness exercise

- “Here is an exercise you can do to help become more aware of your states of mind. There are many others, such as yoga...”
- Studies have shown that people with ADD improved more and with lasting effects by meditation than medication.
- * Read meditation from Daniel Siegel’s *Mindsight* book
- “How did that feel?”
- Encourage people to do it at home, “brain brushing?...”

Sources

- Siegel, Daniel. *Mindsight* 2010.
- Notes from Mindsight seminar.
- Conversations with Becky Renfrow. The workshop structure, lots of ideas, and “no guns” exercise were developed with Becky.
- I think that all of the reading for this class has been a part of my learning for this workshop, but they are too numerous, and not specific enough to put here.