The Whole-Brain Child Approach

Daniel J. Siegel, M.D. Tina Payne Bryson, Ph.D.



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Daniel J. Siegel, M.D. is a clinical professor of psychiatry at the UCLA School of Medicine and co-director of the Mindful Awareness Research Center at UCLA. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association. Dr. Siegel is the executive director of the Mindsight Institute, an educational organization that focuses 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.

Dr. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA. He served as a National Institute of Mental Health Research Fellow at UCLA.

Dr. Siegel has published extensively for the professional audience. He is the co-editor of the *Handbook of Psychiatry* and the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (Guilford, 1999). This book introduces the field of Interpersonal Neurobiology, and has been utilized by a number of clinical and research organizations worldwide, including the U.S. Department of Justice, The Vatican's Pontifical Council for the Family, Microsoft and Google. *The Developing Mind, Second Edition* was published in March 2012.

Dr. Siegel serves as the founding editor for the Norton Professional Series on Interpersonal Neurobiology which contains over two dozen textbooks. He has also authored Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive with Mary Hartzell, M.ED. (Tarcher/ Penguin, 2003), The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being (Norton, 2007) and Mindsight: The New Science of Personal Transformation (Random House, 2010), The Mindful Therapist (Norton, 2010), The Whole-Brain Child (Random House, 2011), and his latest book is Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind (Norton, 2012).

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 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 and receives compensation. 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 is a speaker who receives an honorarium for PESI, Inc.

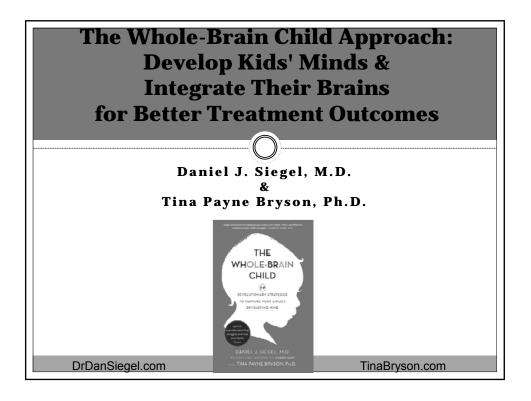
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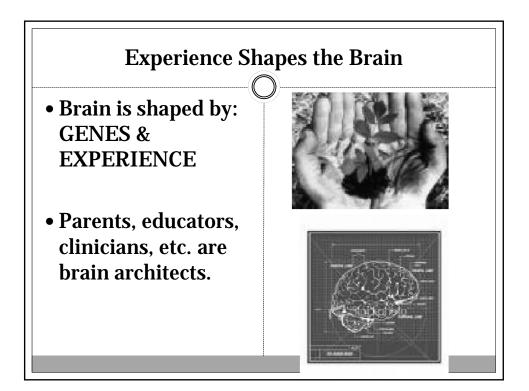
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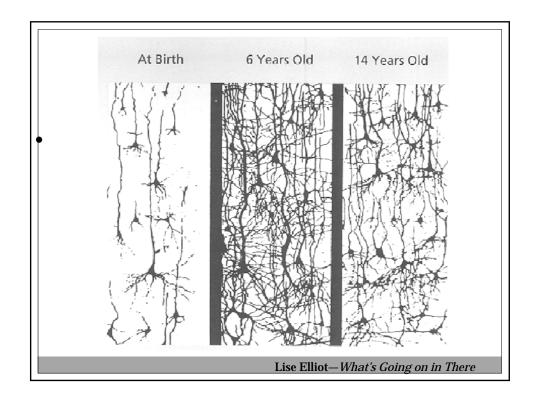
Tina Payne Bryson, Ph.D. (TinaBryson.com) is a psychotherapist at Pediatric and Adolescent Psychology Associates in Arcadia, California, where she sees children and adolescents, as well as provides parenting consultations. In addition to writing and lecturing to parents, educators, and mental health professionals all across the country, she serves as the director of parenting education and development for the Mindsight Institute, focusing on how to understand relationships in the context of the changing brain. Dr. Bryson earned her Ph.D. from the University of Southern California, where her research explored attachment science, childrearing theory, and the emerging field of Interpersonal Neurobiology. Her book, *The Whole-Brain Child* (Random House, 2011, co-authored with Dr. Dan Siegel) has been featured/reviewed in numerous national publications, like *The Washington Post, The Huffington Post*, and Deepak Chopra's official website, where he lists it as what he's "Currently Reading." Dr. Bryson has written for a large number of publications, most recently the PBS series "This Emotional Life." She is the co-host of the online parenting show "The Intentional Parent".

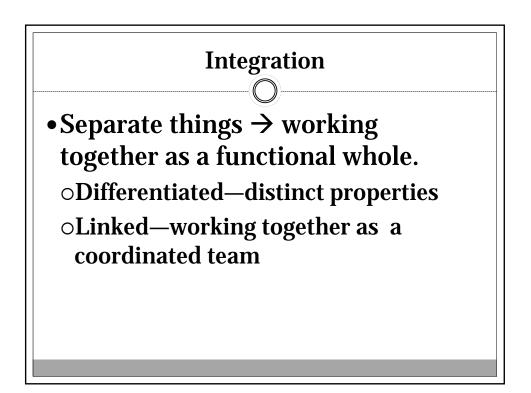
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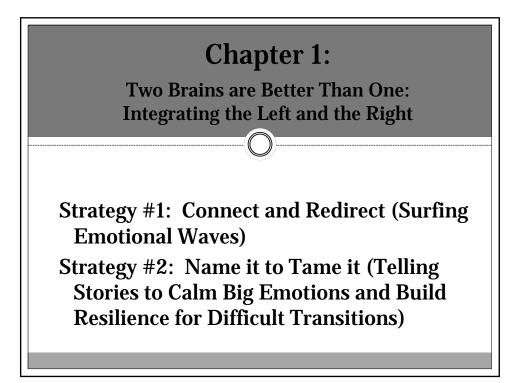
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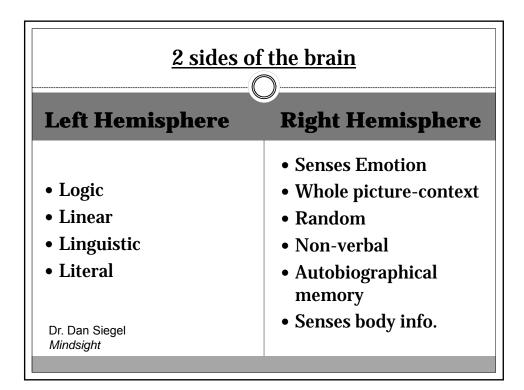


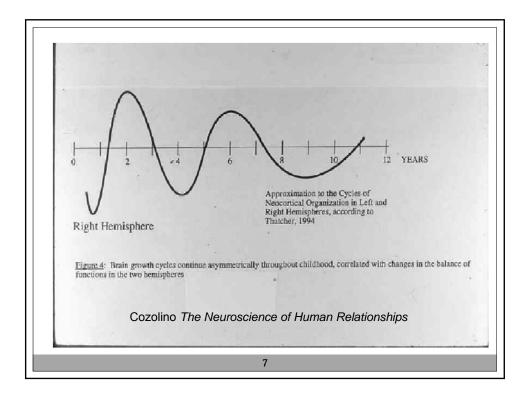














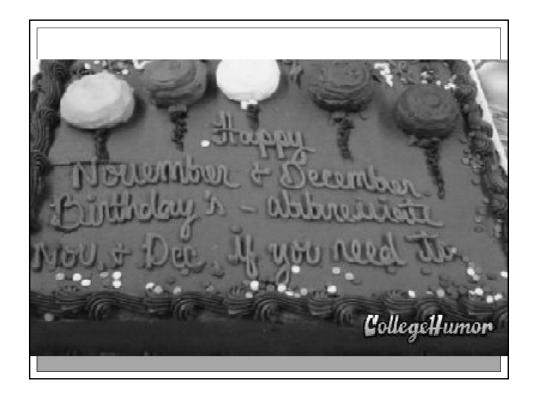


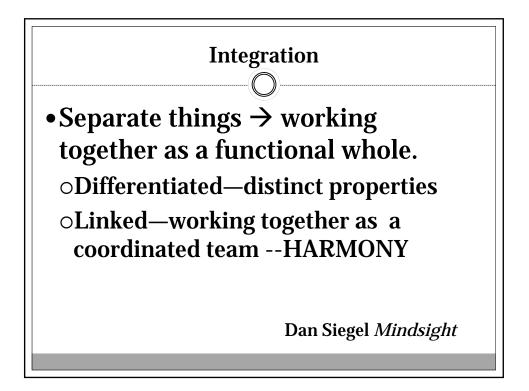


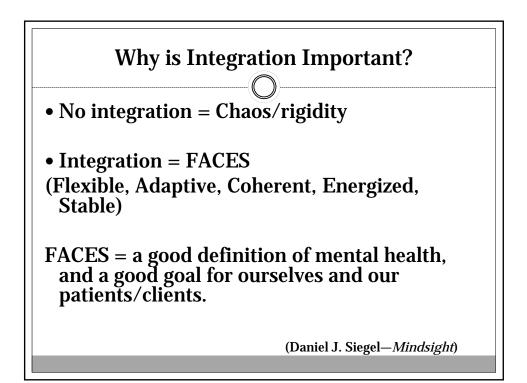
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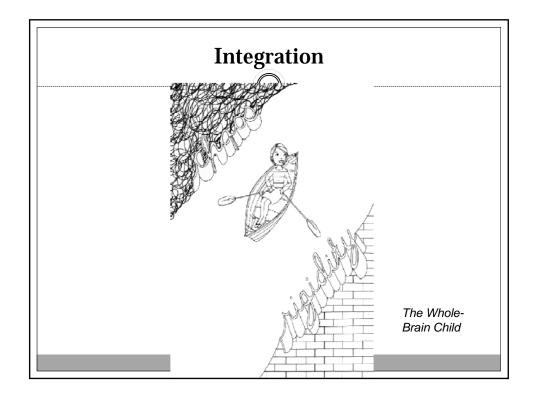


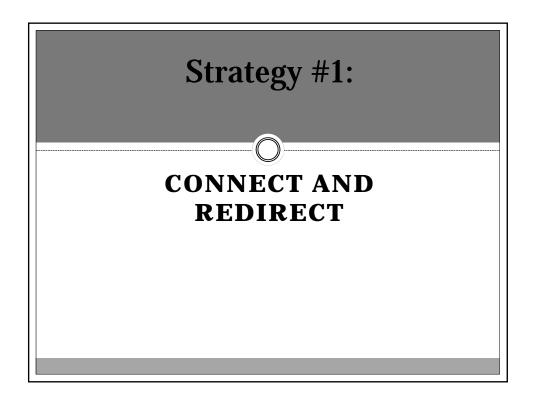




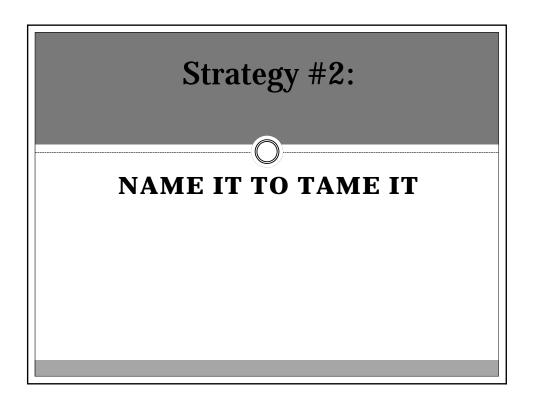


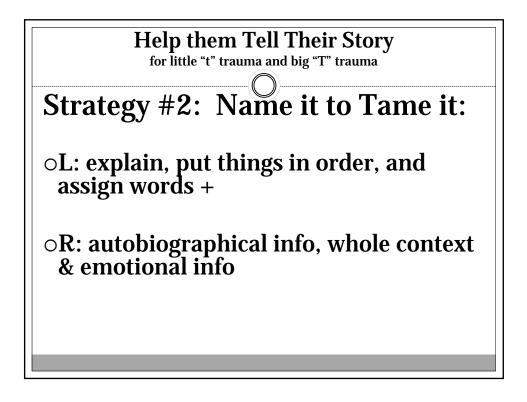






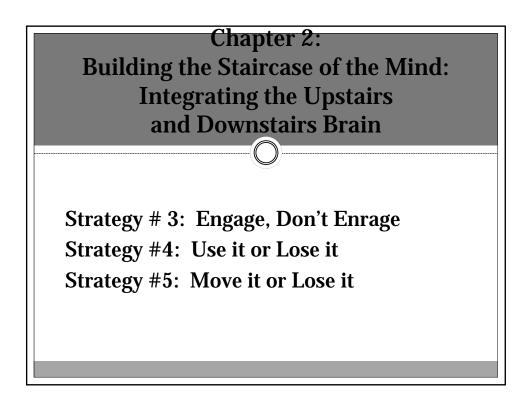
	Connect with emotions before redirecting behavior
	Connect with emotions before redirecting behavior
Strategy #1:	<u>CONNECT</u> with the right: nonverbal comfort
Connect	•touch •tone of voice
and	facial expressionsEmpathy
Redirect	•pausing
	Then <u>REDIRECT</u> with the left: •solutions •words
	planninglogical explanations
	•boundaries

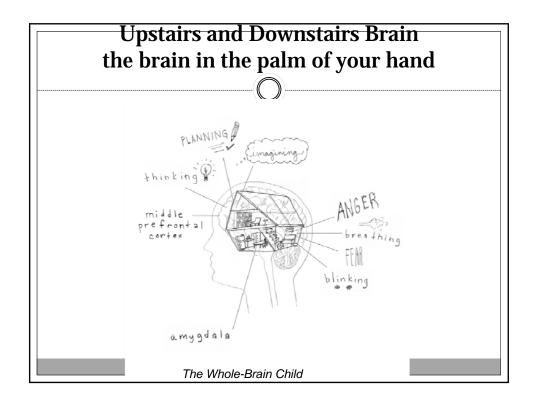


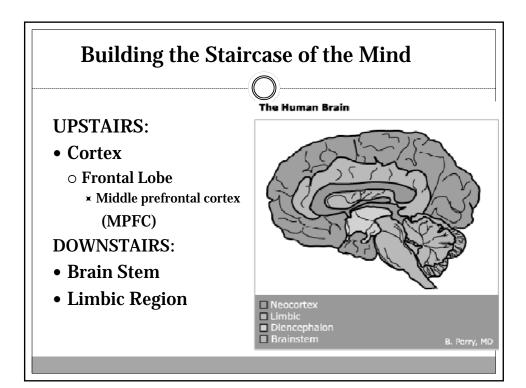


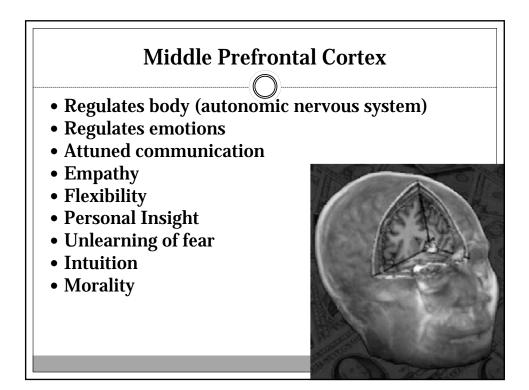


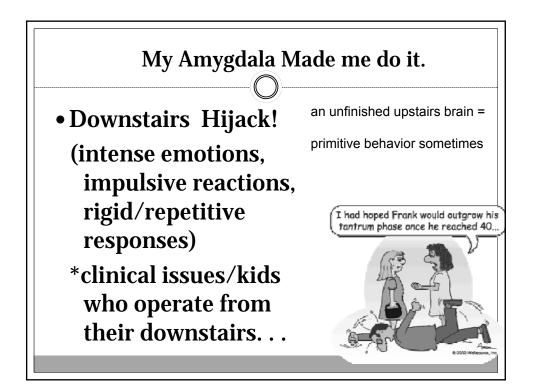


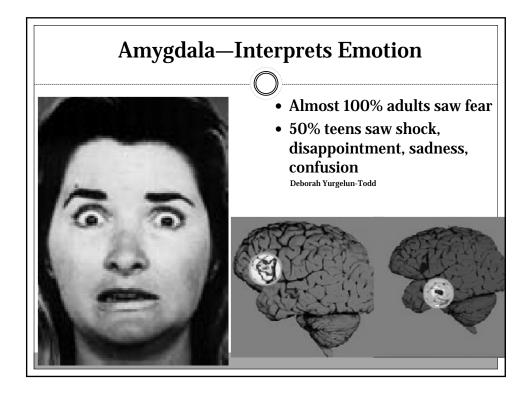


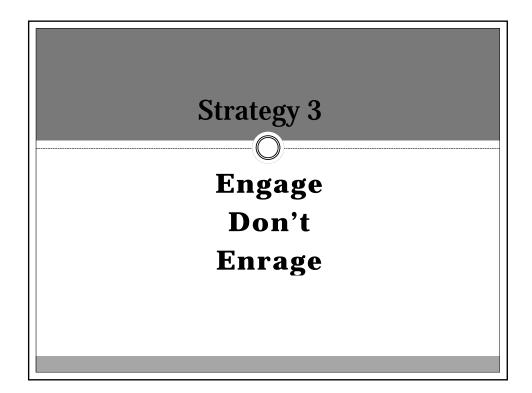


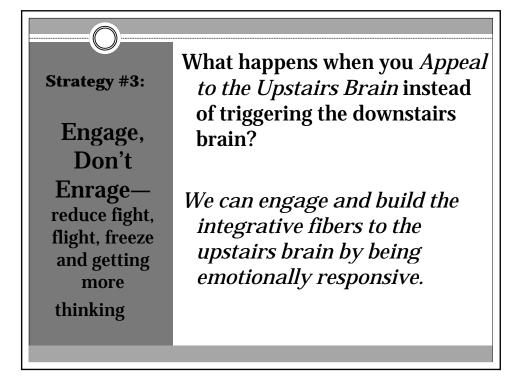


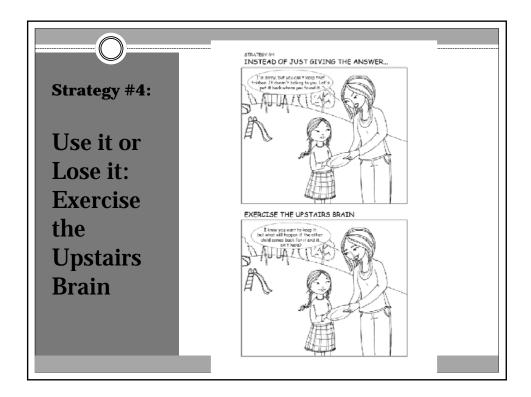


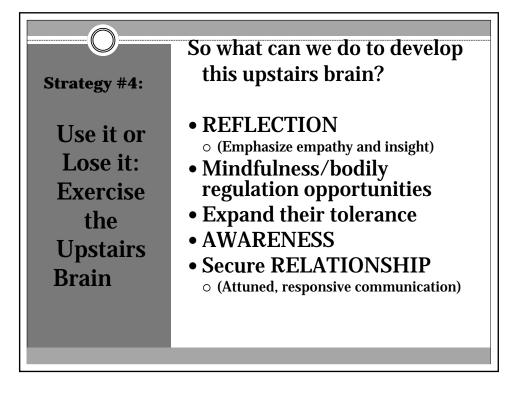


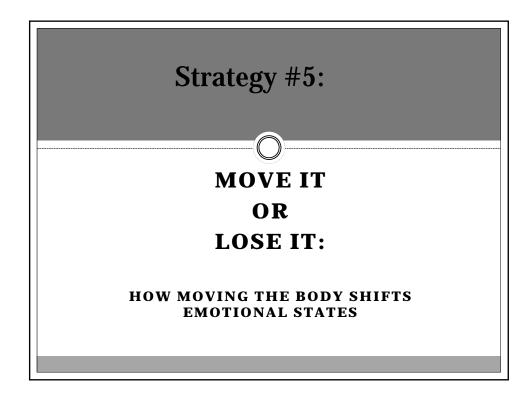


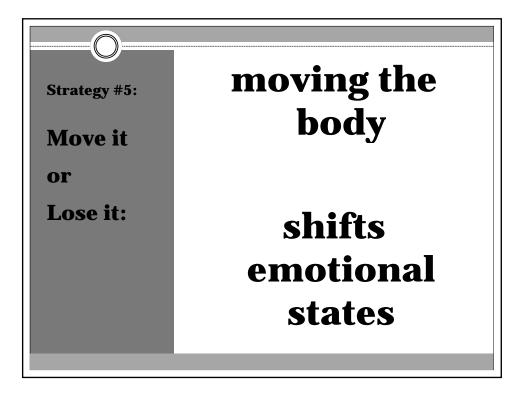




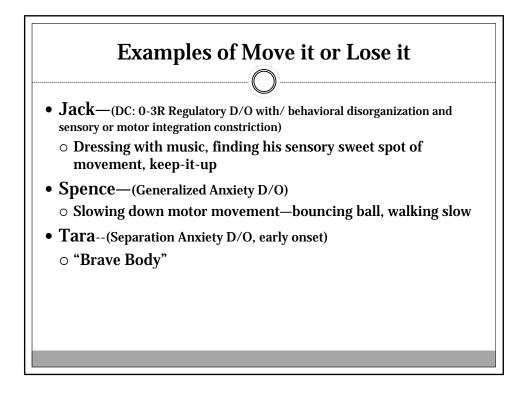




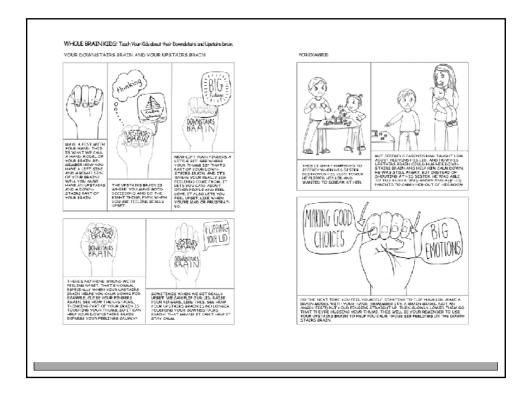


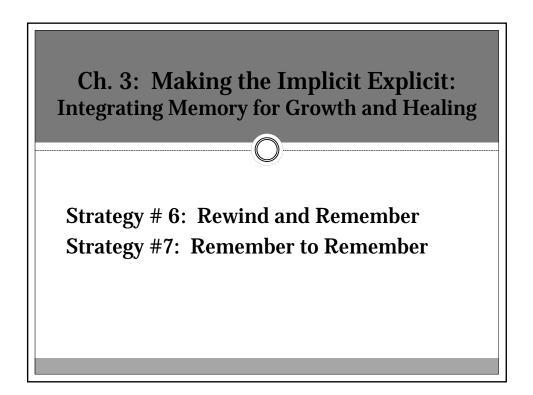


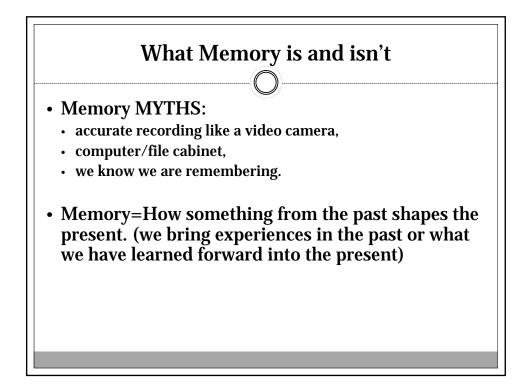


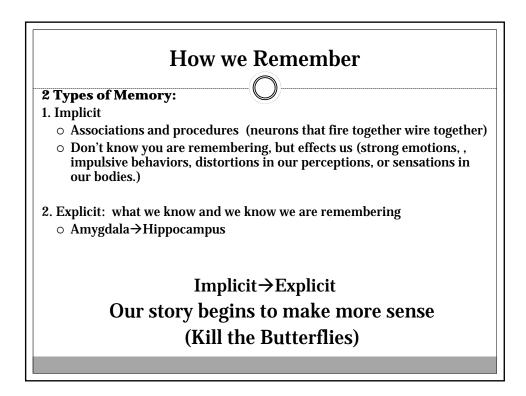


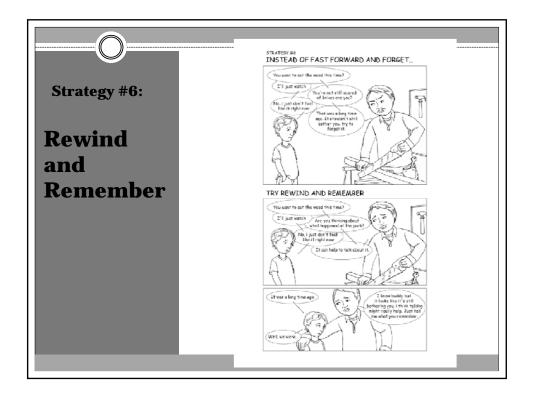


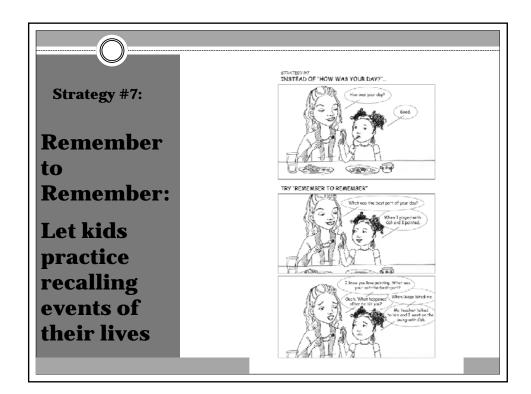


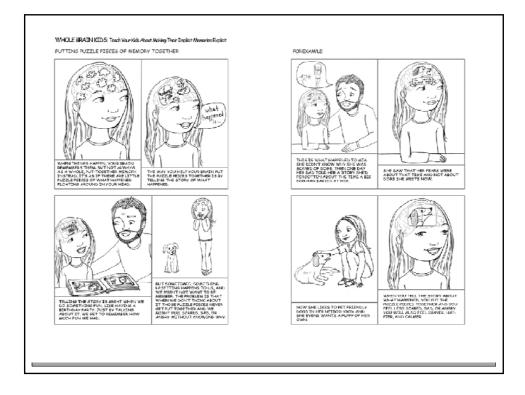


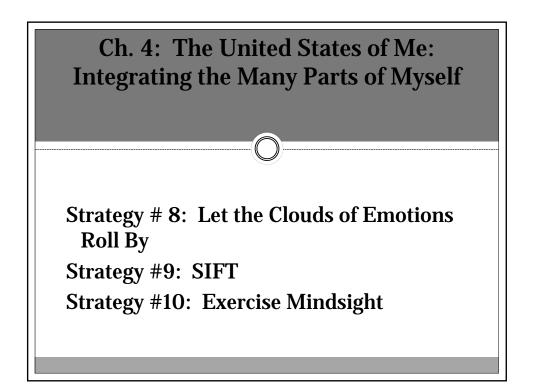


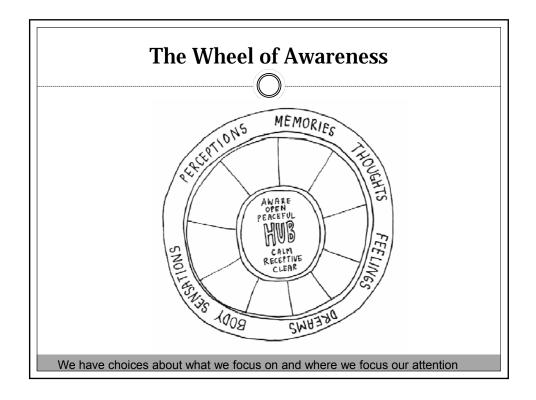


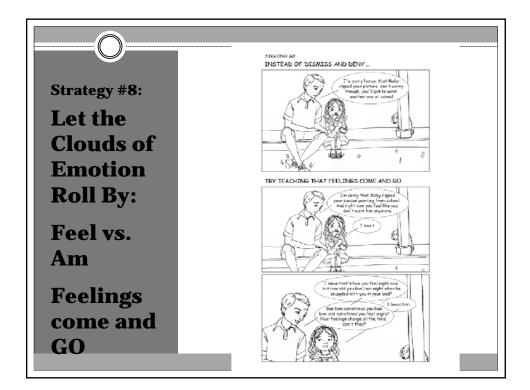


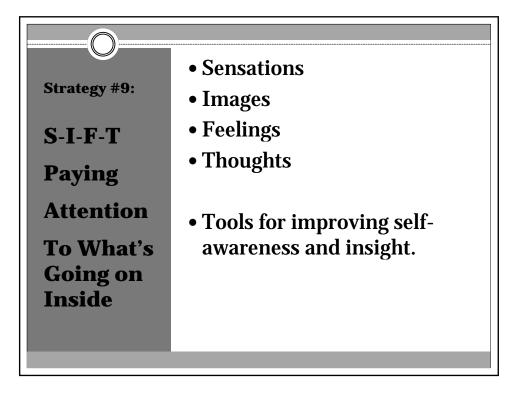


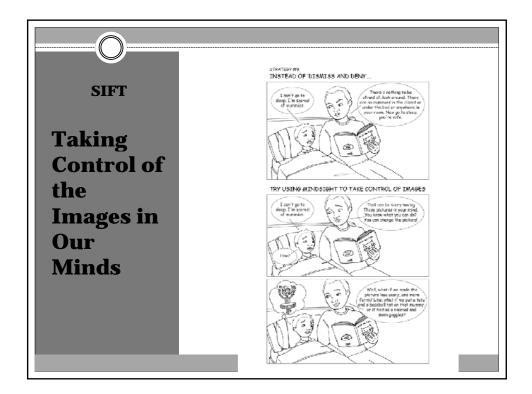


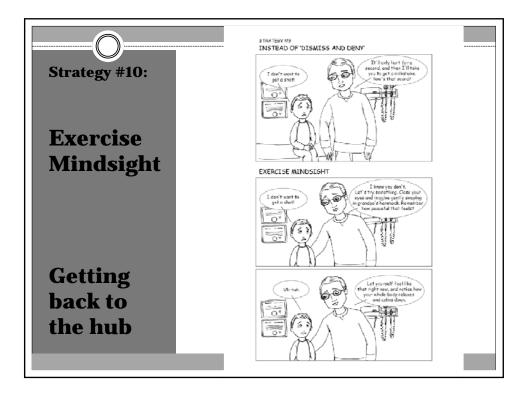


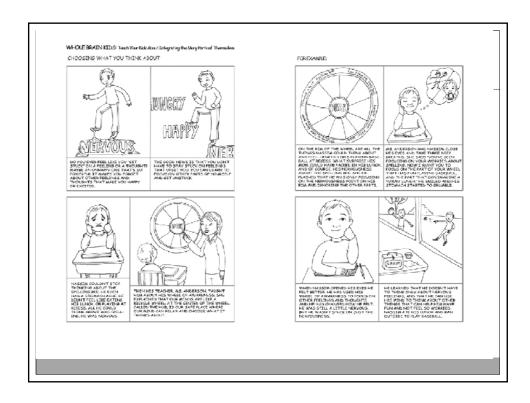


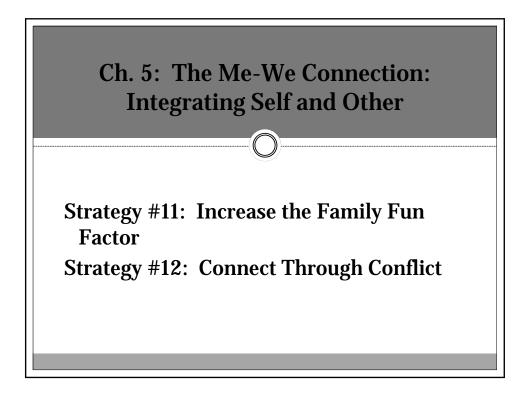


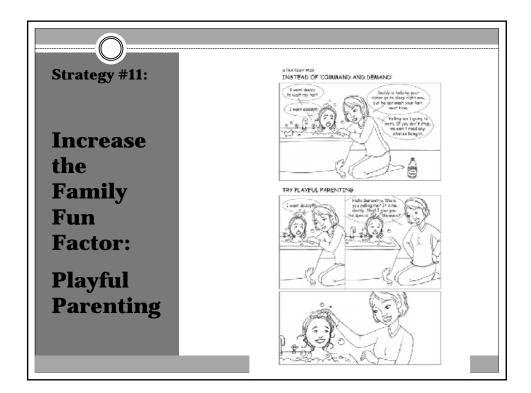


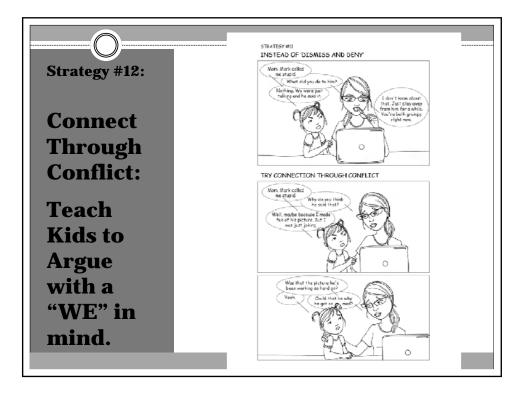


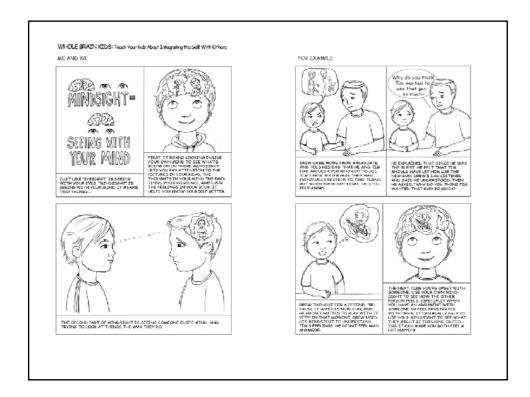


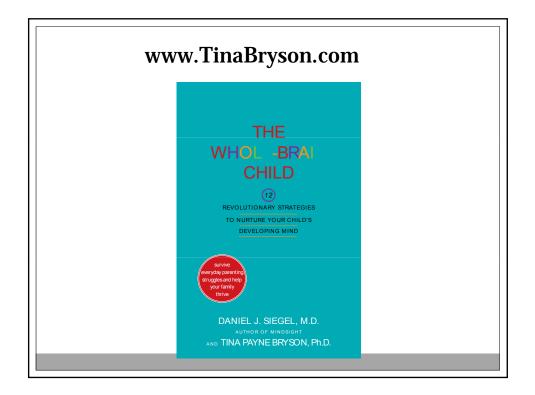














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The Whole-Brain Child Approach

Program Objectives

Please use the objectives below to answer the online objective questions.

At the completion of this seminar, I have been able to achieve these seminar objectives:

- 1. Identify the framework of integration that can lead to health and wholeness
- 2. Explain how to revolutionize your assessment and treatment of anxiety, affective, executive function, and disruptive behavior disorders
- 3. Utilize Specific clinical experiences to shape how their clients' brains are wired and function
- 4. Apply the framework of Interpersonal Neurobiology with pediatric and adolescent clients
- 5. Implement twelve Whole-Brain strategies
- 6. Show children how to take implicit memories of painful/ traumatic experiences and make them explicit

**If there are no additional objectives above, please select "not applicable"

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