Six-Layered Neocortex

Invariant Representations

Sensory Experience

Zone Of Creativity
The Limbic Conversation

Our left hemisphere MUST have a story because making sense of experience is one of its primary jobs.

When there is not much information coming from the right hemisphere, the left makes something up.

As we listen for the meaning of our miniature, we often have a sense of guesses emerging first—maybe it means this, maybe it means that.

That’s the left hemisphere attempting to make sense.

If we are able to release the left hemisphere’s guesses and stay attuned to our bodily response to our miniature, at some point a felt sense of the meaning will begin to emerge.

This often happens initially without words—perhaps as bodily sensation, behavioral impulse, intuitive sense of greater meaning being present.

This is our limbic voice sharing the reason we picked this particular object.

Often, the meaning will then make itself known as words in the left hemisphere, but even if this doesn’t occur, the sense of meaningful connection with our miniature integrates the limbic and middle prefrontal circuits in the right hemisphere—the core process of healing.
Wheel of Awareness

- You choose object of attention
- You are open to receive all experiences
- You are here
- RIM: 5 senses, body sensations, mental activities (thoughts, feelings, perceptions, concepts, images), sense of connectedness
- Object of attention chooses you

Thanks to Daniel J. Siegel, MD
Two in the Hub

Direct attention toward any point on the rim

Invite deeper mind to bring whatever would be most healing from rim to hub
RIM

Sea of Inner and Outer Experiences

COMPASSIONATE HUB

Radiating Kindness to Our Inner States of Mind as They Experience the Sea of Inner and Outer Experiences

Two in the Hub: Radiating Kindness with Our Clients to Their Inner Worlds
Influence and Internalization

The Reality of Interpersonal Oneness

emotional state

bodily state

intentions

Strictly congruent

Broadly congruent

Inhibitory

possibly much more with discovery of mirror neurons in more places in the brain

Thanks to Marco Iacoboni
Inner Community

Integrating flow of the brain

- Comforting Mother
- Comfortable Child
- Supportive Father
- Bright Child
- Rageful Father
- Terrified Child
- Passive Mother
- Caretaking Child
- Scared Child

Dissociated and operating alone
Managing Outer Person

conscious
easily available to consciousness
Watcher

Caring Parent(s)/Nurtured Child
deeper mind/less available
Protector(s)

Unempathic Parent(s)/Hurt Child(ren)
more dissociated/less available to consciousness
Abandoning Parent(s)/Shamed, Abandoned Child(ren)
foundation/core anticipations

Original Wholeness
Foundational Family Belief

The face we share with the world.
A presence within the mind designed to draw in as much empathy from the environment as possible; possibly the caring observer.
The part of the family experience that is most nurturing and kept closest to consciousness.
Parts that develop to defend against incoming pain in order to protect the already-hurt children from more injury.
Relational parent/child pairs who are locked in the deeper mind because of uncomforted pain.
Relational pairs, locked away more deeply, experiencing the most profound pain.

At the bottom of all painful experience, our original hope of connection side by side with the core family beliefs about the nature of the world and relationships; most likely, reflects implicit mental models.
Inner Community Layers

Outside Roles
  - Watcher
  - Empathic Relational Pairs

Protectors
  - Unempathic Relational Pairs

Core Implicit Mental Models
A Child’s Six Emotional Systems in the Deeper Brain

Rage

Seeking

Fear

Care

Separation

Distress

Play

Thanks to Jaak Panksepp
...and with the onset of adolescence

Lusty Connection
What Teen Brains Need (at a minimum)

- Respect
- A number of solid external middle prefrontal cortices – could be any adult who has good mental health, is consistently present, and is committed to this teen
- Parents and others who understand and can support teen brain development – recognition of changes between 11 and 26 years old
- Support for ongoing connection, even in the difficult times
grumpy and critical with children
“what would you have to feel if you stopped being grumpy?”

→

depth of sadness

body curling in on itself, no longer reaching out

→

beginning to sense mom’s unavailability for most of his life because of her mental illness
Working the Window of Tolerance
Expanding the Window of Tolerance

Hyperarousal

Window
Before
Therapy

Working the Edges of the Window of Tolerance

Hypoarousal

Window
After
Therapy
Pathways of Healing

Left-mode change methods: reframing, changing thoughts, planning behavior changes and all other processes that work dominantly using the logical, linguistic, linear pathways to change right-mode patterns

Available for incorporation into spoken narrative

Horizontal connection between hemispheres

Right-mode words: poetic, concrete, metaphorical, fresh

Vertical connection between limbic root and ventromedial (orbital) prefrontal region

Thought/feeling/behavior in the moment

Strategies to implement this implicit model

No direct linkages between amygdala on right and linguistic module on the left

unattended or dissociated in limbic region

Implicit mental model—perception and arousal state—anchors

Creates alternate neural nets, but does not change the implicit root, so leaves potential for activation and permanent state of conflict between two modes of knowing.

Begins with the implicit root of the behavior coming to conscious awareness, including possibly words from right-mode processing; available for permanent change.
What Adult Brains Need
(at a minimum)

- Safety
- Respect
- Co-regulating pace
- Belief in their capacity – integrating brains, attachment circuits available
- Embodied recognition of a two-person process, leading to humility and repair (33%)
- Belief in the value of and ability to hold a right hemisphere healing space
Neuroplasticity and the Triangle of Influence

*Based on Daniel Siegel’s Triangle of Well-Being*
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