

## Changing your Mind in the River of Integration (Psychological Goals, Activities and Skills)

This material is based on and adapted from Dr. Daniel Siegel's *"The Pocketbook of Interpersonal Neurobiology"* (2012). When mindfully integrated, these interventions are intended to help you to avoid chaos and rigidity, and to create personal and relational health when traveling in your own "River of Integration."

The "upper shore" of the River is conceptualized as CHAOS. These behaviors create anxiety, uncertainty, volatility, hurt, mistrust, fragility and unstableness.				
<b>Ruptures to Dysregulation</b> Intensity disrupts Attunement		<b>Emotional Hijacking</b> Lower vs Higher Brain function		<b>Lost in Familiar Places</b> Repetitive & Negative Schemas
	<b>Leads to "Fight or Flight"</b> Interpreted threat to needs		<b>Automatic Pilot</b> - Tactless reactivity derails intentionality	
THE RIVER OF INTEGRATION: Here we integrate behaviors that create flexibility, adjustability, connection, flow, congruence and dependability.				
Implement these behaviors to give your brain new opportunities to grow, your mind new skills to master and for stronger bonds in your relationships				
<b>Secure Base/Attachment</b> Produces Attunement & Safety		<b>F.A.C.E.S</b> - Flexible Adaptive Coherent Energized Stable		<b>Integration creates Health</b> Adaptive & Functional strategies
	<b>Leads to "Awakened Mind"</b> Results in intentional behavior		<b>In the River of Integration</b> We create linkages with resources	
<b>S.I.F.T.</b> – Focus on Sensation, Image, Feeling and Thoughts		<b>Cook with "C.O.A.L."</b> Curious Open Accepting Loving		<b>Create a steady State of Mind</b> Coordinated thoughts & emotions
	<b>And "Cortical Overrides"</b> Better regulation over impulses		<b>Interpersonal Neurobiology</b> Mutually impact our Brain & Mind	
<b>Attention to Intentional</b> Keeps us between 68° - 72°		<b>Reflective Practice is good</b> Intentional Mind "SIFT-ing"		<b>S.N.A.G.</b> - Stimulate Neuronal Activation and Growth
	<b>Creates Emotional Balance</b> Centered between the 2 shores		<b>Create Joint/Focal Attention</b> Mutual awareness on issues	
<b>Strategic Taking of Time-Ins</b> Mindful Integration of S.I.F.T.		<b>Reflective Function</b> Thinking of other's experience		<b>Neurons Fire/Wire Together</b> Increasing sustained changes
	<b>And Creates Openness and Possibility</b> - inclusive vs closed		<b>From "Me to We" Narratives</b> Create a collective win-win story	
<b>Co- and Mutual Regulation</b> Brings calm to internal states		<b>Compassion and Empathy</b> Tune-in, reflect then report		<b>3G to 2P</b> – Generosity, Gratitude & Giving to People & Planet
	<b>Helps Interactive Repair</b> Give attention to ruptures		<b>Enhanced Proximity Seeking</b> Focused & Intentional Intimacy	
The "lower shore" of the River is conceptualized as RIGIDITY. These behaviors create inflexibility, hardness, stubbornness, entitlement and consequence.				
<b>Unresolved Trauma</b> Suffering supplants Healing		<b>Fragmented Sense of Self</b> Trauma begets disconnection		<b>Open to Misery Stabilizers</b> Anesthetize and/or Escape
	<b>Leads to "Freeze or Feign"</b> Surrender halts opportunity		<b>Causes Regrettable Ruptures</b> Schisms interrupt attunement	