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Interpersonal Neurobiology (IPNB)

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Interpersonal neurobiology (IPNB) was developed by [Dan Siegel](#) and Allan Schore. IPNB uses the clinical evidence that supports continuous brain growth as its foundation. This technique examines the opportunity for healing trauma by stimulating the brain with powerful and positive persuasion. Studies have shown that conditions that were once considered to be irreversible may actually be able to be transformed in a healthy way. Because the brain grows continuously throughout our lives, the implications for healing are unending. This technique is being used across a broad sector of the population, including with those who work in the areas of mental health, education, parenting, business, industry, and others.

Theory of Interpersonal Neurobiology

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This method explores the effect that therapy has on the brain and how the brain mechanism is directly impacted by life experiences. In the past, experts believed that neurological growth stopped as late as early adulthood. [Neuroplasticity](#) demonstrates that the formation of new neurons and neurological links continue throughout people's entire lives. This relatively new information supports the theory of interpersonal neurobiology and offers evidence of its validity and efficacy. By understanding how these neurological links are affected, and similarly, how they affect the body, mind, and spirit as a whole, clinicians can better assist clients to rebuild and reconnect these links to achieve a healthier internal balance.

Healing Meditation and New Neuronal Pathways

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Clinical and medical tests have shown that the healing powers of [meditation](#) and awareness directly affect the physical body in relation to the creation of new neuronal pathways. Meditation forces people to quiet their mind and go within their bodies in order to gain a sense of awareness. As a result, people become enlightened to thoughts, ideas, and behaviors that were previously hidden. Through proper technique, these new discoveries can be integrated into people's minds and inner wisdom. Interpersonal neurobiology states that these new patterns will have a physical, physiological, and emotional effect regardless of what age at which they are discovered. With every new idea, attitude, behavior, or piece of knowledge people obtain, they are physically changing and influencing the construct of their brains.

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address case scenarios, research and future clinical implications. IPNB is based on the workings of the brain and the therapeutic process of IPNB involves gaining an understanding of the implicit and explicit, as well as left and right brain processes. Training classes are offered for college credits, continued education credits or for certificates of completion.

Resources Related to Interpersonal Neurobiology:

[Global Association for Interpersonal Neurobiology Studies](#)

[The Developing Mind](#) - Dr. Dan Siegel

Last Update: 03-08-2018

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Yes Brain Parenting: An Interview with Dr. Dan Siegel

- Change Is a Choice: Nurturing Neuroplasticity in Your Life

- Why Change Is So Hard: The Power of Habit in the Human Brain

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