



*Connections*  
GAINS Community Newsletter



*Reflections*

Summer 2006

## Message from the President

We live in a delightful time of burgeoning new discoveries about the brain and mind. There's no way to keep up with the research, so what can we do but catch and integrate what comes our way. In the June/July 2006 issue of *Scientific American Mind*, "Beyond the Neuron Doctrine" explores the dancing universe of information-processing glia and dendrites that send as well as receive information. This article is such an exercise in humility as we realize how much there is to learn.

Someone on the leading edge of what we *do* know is Marco Iacoboni, MD, PhD of the David Geffen School of Medicine at UCLA whose research with mirror neurons is opening our ability to understand the roots and processes of empathy. It is with great pleasure and gratitude that we welcome Dr. Iacoboni as he joins Dr. Dan Siegel and attorney Tom Burton on GAINS' advisory board of directors. Look for him to author an article for the October edition of C&R.

In this issue, you will be able to explore several articles focusing on integrating IPNB in education, psychotherapy, and mindfulness practice as well as some of the familiar shorter features on consilience, basic IPNB principles, and IPNB in the news. And in the spirit of emergence, you will find new surprises, like poetry blossoming in several locations—beginning with a lovely blessing by John O'Donohue, poet and philosopher of the integrated life, and ending with an original poem by GAINS' Jeff Anderson. May your right hemisphere dance in delight! There's also some homegrown humor from Lauren Culp and some borrowed from *The New Yorker*. And finally, we hope you will take the challenge of the *Integration Workout* and send your best formulations to us for publication next time. In the meantime, please visit your developing website at [www.mindgains.org](http://www.mindgains.org). Enjoy!

*Bonnie Badenoch, PhD, LMFT*

### Highlights in this Issue

*Poem by John O'Donohue*

*In the Spirit of Integration: IPNB in Action*

*BrainStream: The Brain in the Mainstream*

*IPNB 101: Introducing Core Concepts*

*"Did you know...?":*

*Facts from the Edge of Discovery*

*Integration Workout:*

*Applying the Principles*

*The Whole Elephant: Celebrating Consilience*

*C & R Departments:*

*Department of Education*

*The Art of Therapy*

*Mindful Matters*

*Reader Requests*

*What's Going On Out There?*

*The Conference Beat*

*The Lighter Side of IPNB*