



Connections
GAINS Community Newsletter



Reflections

Autumn 2006

President's Message

With images of children frolicking in piles of leaves, *Connections & Reflections* focuses on family matters in this autumn edition. Advisory board member and long-time attorney Tom Burton starts at the other end of the age spectrum, talking about what it's like to face leaving family through imagining one's own death during the estate planning process. Perhaps his words can invite us to contemplate our mortality as fall leads us toward a bare-branch winter. If we are to become wise old people who can support the generation coming up, moving toward what Dr. Daniel Siegel would call temporal integration can fill us with a sense of tranquility and meaning as we come to peace with the trajectory of our lives as we move toward death. This is a worthwhile endeavor at any age.

We also celebrate two new members of the GAINS family—advisory board members Allan N. Schore, PhD, and Diana Fosha, PhD. Resting on a foundation of deep awareness of the brain, both of them have made such powerful contributions to practicing the art of therapy with the brain in mind. Both are also deeply committed to fostering safe and secure communities that support healing relationships of all kinds. We welcome Dr. Schore and Dr. Fosha with gratitude, and look forward to articles authored by them in future issues.

In this issue, Lauren Culp explores *Coupleplasticity* as she pulls us into the counseling room with Marc and Cary. Noah Hass-Cohen and Bonnie Badenoch write about art and sandplay with kids, and Robert and Lisa Firestone, with Joyce Catlett, open the doors to the friendship circles that have forged a unique community embracing many families. You'll find all the usual features as well—IPNB in the news with Jeff Anderson, Kirke Olson on IPNB in the schools, as well as cartoons, consilience, and more. We'll also be revamping the website soon, so keep an eye on www.mindgains.org...and watch for your GAINS renewal letter soon. Happy autumn!

Bonnie Badenoch, Ph D, LMFT

Highlights in this Issue

Article by attorney Thomas W. Burton
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

C & R Departments:
Department of Education
The Art of Therapy (Parts 1 and II)
Living Integration
The Conference Beat
Reader Requests
The Lighter Side of IPNB
The Whole Elephant: Celebrating Consilience