



# Connections & Reflections

*The GAINS Quarterly*

Winter 2006

## *With Gratitude...*

*As we finish our first full year of publication, we want to take time to bask in all the support that has come our way. We celebrate new members of the GAINS advisory board, sensorimotor psychotherapist Pat Ogden, pediatric cardiologist Ross Ungerleider, poet/essayist Diane Ackerman, and polyvagal theorist Stephen Porges. Across this diversity of interests, they share a dedication to transformation and healing, embracing the principles of interpersonal neurobiology. We thank all the authors who have contributed time, energy, good humor, and no small amount of brilliance to these first four issues. We rejoice in the individuality of their voices—not only the originality of their developing thought, but how their personhood shines through their way of expressing. We pause to thank the rest of our advisory team—Dan Siegel, Marco Iacoboni, Diana Fosha, Allan Schore, and Tom Burton—for their ongoing inspiration as well.*

*This final edition of 2006 actually amounts to a “double issue,” as the topic of attachment inspired so many thoughtful articles. We lead with advisory board member Diana Fosha’s article, “AEDP: Transformance in Action,” as she shares her emerging thoughts about the process of therapy in light of what we know about the interplay of brain, mind, and relationships. She will continue with Part II in the spring edition. First-time contributors K. Alexandra Onno and Lorraine Granit write about the power of coherent narratives and the integration of therapeutic paradigms as they are influenced by interpersonal neurobiology, respectively. At the request of members, we begin a new series to foster internalization of some of the core principles of IPNB, with “The Feeling of Attachment” by Bonnie Badenoch. We have Letters to the Editor for the first time (and welcome more).*

*You will see changes in the format as we evolve in our view of who we are and where we are going. We believe this publication has become more of a Quarterly than a newsletter, and think a table of contents might be useful. Articles are gathered by department: education, therapy, spirituality—and all the references are collected at the end. As always, this is for you, to provide encouragement and sustenance as all of us move together along the path of integration, seeking to contribute to a more awake and compassionate world.*