



Connections & Reflections

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Embodying Interpersonal Neurobiology

The primary goal of this publication continues to be supporting the internalization and application of the principles of IPNB, to literally bring them to life in our bodies to such an extent that they become a primary lens through which we behold the people and processes in our world. What happens when we are able to do that? Clarity and compassion abound. As we understand—in both a left-mode and bodily-based right-mode way—the principles around which brain, mind, and relationships take shape, it becomes difficult to *not* understand, with kindness, why we and our fellow human beings do what we do. To create an internal environment for embodying these principles, we study with an eye to grasping the scientific background from which they emerge, we attend in such a way that aspects of the principles become more differentiated and clear, and we take the indispensable step of moving into the depths of our own subjective experience.

The authors in this *Quarterly* are clearly on that path. Our advisory board guest contributor, Pat Ogden, shares her journey toward understanding the body's capacity to hold and release trauma, and the central place of tracking sensation and engaging movement in recovery. In our special section on Embodiment, Richard Hill talks about the ongoing conversation between our body, brain, and mind as we in the Western world come from behind the veil of dualism into recognition of the essential oneness between these domains. First time contributors, Jacqueline Carleton and Ilean Padolsky, talk about the neurophysiology of trauma, the role of body-based therapy in providing relief, and the neural correlates of forgiveness. Rounding out this section, Sarah Peyton brings a Nonviolent Communication perspective to body awareness and emotional transformation, and Lauren Culp offers an Embodied Liberty. In *The Art of Therapy*, Lara Saft returns to invite us to walk by her side in the therapy room as a strong woman recovers from violence. Adding to our roster of thoughtful parents who write for the *Quarterly*, first-time author Gloria Lybecker shares her personal reflection on rupture and repair with her son—with IPNB in mind. The prose of Diane Ackerman, a poem by Lynda Klau, Kirke Olson's Department of Education, Jeffrey Anderson's BrainStream, and Bonnie Badenoch's Whole Elephant complete this edition.

Our editorial staff welcomes a new member, Robin S. Cohen, PhD, who joins Bonnie Badenoch, Carol Landsberg, and Debra Pearce-McCall in the joyous and collaborative effort of refining and defining until author and editors are all satisfied with the final article. In late November, we will be bringing you a double edition of the *Quarterly* to celebrate our fifth anniversary. It will be part retrospective and part an informed and imaginative look at what we see ahead for the next five years. Where will neuroscience take us? What new technologies will bring us even deeper into the workings of the brain? How will we integrate these discoveries into our theories and developing embodiment of IPNB? And how will these new knowings shape our often-struggling planet? Humility, excitement, curiosity, and delight may be our constant companions in the years ahead.

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