



Daniel J. Siegel, M.D. received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative.

Dr. Siegel is currently clinical professor of psychiatry at the UCLA School of Medicine where he is on the faculty of the Center for Culture, Brain, and Development and the Co-Director of the Mindful Awareness Research Center. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association and recipient of several honorary fellowships. Dr. Siegel is also the Executive Director of the Mindsight Institute, an educational organization, which offers online learning and in-person lectures that focus on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes. His psychotherapy practice includes children, adolescents, adults, couples, and families. He serves as the Medical Director of the LifeSpan Learning Institute and on the Advisory Board of the Blue School in New York City, which has built its curriculum around Dr. Siegel's Mindsight approach.

Dr. Siegel has published extensively for the professional audience. He is the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (Guilford, 1999). This book introduces the field of interpersonal neurobiology, and has been utilized by a number of clinical and research organizations worldwide, including the U.S. Department of Justice, The Vatican's Pontifical Council for the Family, Microsoft and Google. *The Developing Mind, Second Edition* was published in 2012. Dr. Siegel serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over two dozen textbooks. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Norton, 2007) explores the nature of mindful awareness as a process that harnesses the social

DANIEL SIEGEL

Executive Director

Mindsight Institute
USA

circuitry of the brain as it promotes mental, physical, and relational health. *The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration* (Norton, 2010), explores the application of focusing techniques for the clinician's own development, as well as their clients' development of mindsight and neural integration. Dr. Siegel's latest book is *Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind* (Norton, 2012).

Dr. Siegel's book, *Mindsight: The New Science of Personal Transformation* (Bantam, 2010), offers the general reader an in-depth exploration of the power of the mind to integrate the brain and promote well-being. He has written two parenting books, *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* (Tarcher/Penguin, 2003) with Mary Hartzell, M.Ed. and *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* (Random House, 2011) with Tina Payne Bryson, Ph.D., both of which explore the application of the mindsight approach to parenting.

Dr. Siegel's unique ability to make complicated scientific concepts exciting has led him to be invited to address diverse local, national and international groups of mental health professionals, neuroscientists, corporate leaders, educators, parents, public administrators, healthcare providers, policy-makers, mediators, judges, and clergy. He has lectured for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, London's Royal Society of Arts (RSA), and TEDx. For more information, please visit: www.DrDanSiegel.com.

INTEGRATING SYSTEMS:

One Health and the Human Mind

Daniel J. SIEGEL, M.D.

Executive Director, Mindsight Institute, Los Angeles California;

UCLA School of Medicine

Clinical Professor, Center for Culture, Brain,

and Development Mindful Awareness Research Center

In this presentation, the scientific understanding of the nature of complex systems will be discussed as it pertains to multiple layers of interacting elements relevant to One Health. Drawing on the synthetic, multi-disciplinary view of interpersonal neurobiology, this talk will explore how the human mind can be viewed as a self-organizing emergent property of both the human nervous system and the social system. Ways of harnessing this view of the mind as an embodied and relational process that regulates energy and information flow will be explored, and principles of health will be offered that examine the process of integration, defined as the linkage of differentiated parts, as a potential core mechanism at the heart of well-being. Empowering individuals to use the mind to integrate the brain and relationships—the connections we have with other people, other animals, and the physical environment—offers one approach to psychological and behavioral strategies that can be used to link animal systems and ecosystems with human systems in the unfolding of infectious disease processes. These principles are offered to encourage discussion and a focus on potential practical applications for the individual, families, and communities in approaching global challenges.