

# Mindsight Institute Courses

## Courses that will be discontinued as of June 30, 2025

- Aware: A Concise Course in Consciousness (audio only)
- Brain Fitness: Mindsight Skill Training and the Brain
- Brainstorm Intensive: A Practical Understanding for Keeping the Adolescent Brain in Mind
- Digital Journal (all versions)
- Embracing Science and Subjectivity
- Interpersonal Neurobiology and Relationships: The Neurobiology of We
- Interpersonal Neurobiology Beyond the Therapy Suite: The Brain of the Mindful Therapist
- Interpersonal Neurobiology for Psychotherapists: The Mindful Therapist
- Interpersonal Neurobiology Overview
- Introduction to Mindsight
- Jan 2021 Comprehensive Live Q & A
- Living Beautifully: Transformative Science and Mindfulness Practices to Cultivate a Wise Heart
- Mind and Moment: Mindfulness, Neuroscience, and the Poetry of Transformation in Everyday Life
- Mindsight and Cultural Evolution: Harnessing the Science of Personal and Social Transformation
- Mindsight and One Health: An Interpersonal Neurobiology Perspective on Integrating Human, Animal, and Planetary Well-Being
- Mindsight in Action: 10 Practical Applications
- Mindsight in Childhood and Adolescence
- Mindsight in Everyday Life
- Mindsight, Presence, and the Pandemic: Transforming Threat into Challenge and the Invitation to Cultivate Resilience - an in-depth seminar on IPNB and Well-Being
- Neuroscience of Coaching
- Parenting 4S 3R 2P 1M
- Psychotherapy from the Inside Out
- Raising Children with the Brain in Mind
- Stress-Proof Your Mind: Harnessing Perception to Thrive Under Pressure
- Teaching with the Brain in Mind
- The Embodied Relational Mind: Illuminating the Nature of Mental Life and Wellbeing
- The Fundamental Concepts of Interpersonal Neurobiology For Clinical Assessment
- The Fundamental Concepts of Interpersonal Neurobiology For Therapeutic Interventions
- The Fundamental Concepts of Interpersonal Neurobiology For Treatment Planning
- The Interpersonal Neurobiology Community of Practice
- The Interpersonal Neurobiology of Presence
- The Interpersonal Neurobiology of the Developing Mind
- The Interpersonal Neurobiology of Trauma Resolution

- The Interpersonal Neurobiology Sphere of Knowledge
- The Intraconnected Course Bundle
- The Latest Neuroscience Applied: From neuroplasticity to neural integration
- The Mindful Brain: Teaching and Learning from the Inside Out
- The Mindsight Approach in Action
- The Science of Mindfulness
- The Wheel, the Pandemic, and Resilience: Transforming Threat to Challenge
- Unlock the Power of the Mind: Integrating Consciousness for Well-being and Resilience
- Why Psychotherapy Works

### Courses being moved to the new platform:

- 36-hour IPNB Course, under the following titles:
  - The Mindsight Approach to Well-Being: A Comprehensive Course in Interpersonal Neurobiology
  - Dr. Dan Siegel's Comprehensive Interpersonal Neurobiology (IPNB) Course
  - IPNB Class + Live Q&A + Community
  - On-Demand IPNB Class Only
- Attachment and How Close Relationships Shape Who We Are
- Attachment and Interpersonal Neurobiology in Couples Therapy
- Attachment and Relational Resilience Across the Lifespan
- Attachment Theory in Clinical Practice (Audio only)
- Attachment, Trauma, and Psychotherapy (Audio only)
- Aware: The Science and Practice of Presence
- Brainstorm Intensive: A Practical Skill Set for Working with Adolescents and Understanding Adolescent Brain Development
- Child Development Mini-Package: No-Drama, Power, Whole-Brain, Yes Brain, Inside Out
- Consciousness and Change
- Consciousness and the Reflective Practice called The Wheel of Awareness
- Cross Generational Trauma (Audio only)
- Developing a Resilient Mind
- Educating Hearts and Minds: Cultivating Social-Emotional Intelligence for a Kinder World
- Exploring Mindfulness, Mindsight, and the Mind with Dan Siegel
- Exploring the Power of Presence: Insights from Neuroscience and Interpersonal Neurobiology
- Families, Children, and Therapy from the Inside Out
- Healing Trauma: IPNB Clinical Strategies for Applying the 9 Domains of Integration toward Deep Therapeutic Growth
- Interpersonal Neurobiology from the Inside Out
- Interpersonal Neurobiology in Therapy (Audio only)
- Interpersonal Relationships, Dimensions of Time and the Facets of Identity
- Linking the Two Sides of the Brain, the Embodied Brain and Memory

- Love, Attachment, and Presence: Keys to Fulfilling Romantic Relationships
  - Making Sense of Life Through Narrative and Our Various States of Mind
  - Mapping the Mind: Exploring Consciousness through the Lens of Interpersonal Neurobiology
  - Mind, Brain and Relationships in the Cultivation of Well-Being
  - Neuroplasticity: Harnessing the Brain's Capacity for Change
  - No-Drama Discipline: The Whole-Brain Way to Calm
  - Parenting From the Inside Out – Seminar for Parents
- 
- Parenting from the Inside Out – Course for Mental Health Professionals
    - \*Please note: although the video content from *Parenting from the Inside Out – Course for Mental Health Professionals* is transferring to the new platform, this particular course may not offer CE credit. To guarantee credit, please complete within the existing Mindsight platform by June 30, 2025.
  - Power of Showing Up
  - Presence, Integration, and the Cultivation of Well-Being in Relationships and Family Systems
  - Rewiring Adolescence: Insights for Nurturing the Teenage Mind
  - The Neurobiology of Personality: Insights, Disorders, and the Healing Power of Mindsight
  - The Neuroscience of Play: Cultivating Joy, Creativity, and Well-Being
  - The Power of Narrative: Exploring the Connection Among Mind, Brain, and Storytelling
  - The Whole-Brain Child: 12 Revolutionary Strategies to Nurture
  - The Yes Brain: How to Cultivate Courage, Curiosity & Resilience
  - Transforming Anxiety and Stress by Integrating the Embodied Brain
  - Transforming Trauma: An Integrative Approach to Healing
  - Understanding and Treating Disorganized Attachment and Dissociation