

An Introduction to Interpersonal Neurobiology

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1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=JEGbHVM13MC](https://www.youtube.com/watch?v=JEGbHVM13MC)

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SUMMARY

Interpersonal neurobiology (IPNB) explores the connections between individual inner experiences and social relationships, integrating various scientific disciplines to understand human development and promote well-being. This holistic approach seeks to answer fundamental questions about the mind and its development, offering practical applications across various fields.

- *IPNB combines insights from multiple scientific disciplines, including physics, biology, psychology, and sociology.*
- *It emphasizes the relationship between personal inner experiences and interpersonal connections.*
- *The field aims to understand the development of the human mind and how to foster mental strength.*
- *IPNB seeks practical applications for its findings in therapy, education, business, and parenting.*
- *Resources are available for those interested in applying IPNB concepts in their professional or personal lives.*

hi I'm Dan seagull and it's an honor to introduce you to the field of interpersonal neurobiology what that phrase means is we go from the inter meaning between and the personal what happens inside of us so it's our social relationships yes but the way our deep inner experiences connect with the inner experiences of other people and we connect it to neurobiology and not just neurobiology but all the branches of scientifically studied how human development evolves and how we

can promote more well-being in our lives now what's special about interpersonal neurobiology is that we combine all the Sciences together so from physics and Mathematics to chemistry and biology to psychology and sociology and anthropology and Linguistics we basically take all the fields of Science and say what if we actually combine them all into one View and then we ask questions like what is the human mind how does the Mind develop how can we make a strong mind and basically how can

we take all these scientific ideas and find practical applications for them if interpersonal neurobiology is of interest to you whether it informs your work as a therapist or coach or an educator or a person working in business or a parent or just a citizen on the planet I hope you'll explore the many resources available to you to understand interp personal neurobiology and its applications in the world