

Interpersonal Neurobiology

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ABSTRACT

The relationship between brain and body is studied which involves a deep study of how the brain and body relates each other to find a relationship and plays a vital role in gene interplay. This is referred to as IPNB which refers to interpersonal Neurobiology. In this paper it is shown that IPBN gives a clear discrimination between healthy and unhealthy central organizing function.

KEYWORD: interpersonal Neurobiology, central function

INTRODUCTION

Emerging as a practical working model and a theory, Interpersonal Neurobiology (IPNB) focuses on the functioning and development of humans relative to relationships, the mind, and the body (Gambrel, Faas, Kaestle&Savla, 2016). Hence, the role of IPNB is to highlight how the mind and brain function, how they are developed, and how they are shaped in relation to gene interplays occurring in relationship contexts. For relational professionals such as mental health professionals, IPNB promotes the understanding of human experiences or features of individuals' lived experiences from different perspectives, eventually defining the human mind and its needs (Siegel, 2015). Indeed, IPNB holds that individuals are who they are because of their relation with each other. Additionally, the IPNB concept suggests that the flow of energy is regulated by the mind and that identity is contained

between individuals, rather than within individuals (Gambrel, Faas, Kaestle&Savla, 2016). For medical specialists working with children and adolescents and their families, the IPNB informs their work in such a way that the model holds that when children are exposed to relational trauma in their childhood or infancy, these traumas are likely to shape (biologically) their neural systems (including the brain) defensively (Siegel, 2015). Examples of the relational traumas include abuse, neglect, and chronic invalidation (Gambrel, Faas, Kaestle&Savla, 2016). For health care providers, the IPNB could be applied to such children to ensure that reparative experiences are created. As avowed by Siegel (2015), these experiences enable children to anticipate a new future and also allow their neural systems and the brain to exhibit new data to which they can adapt.

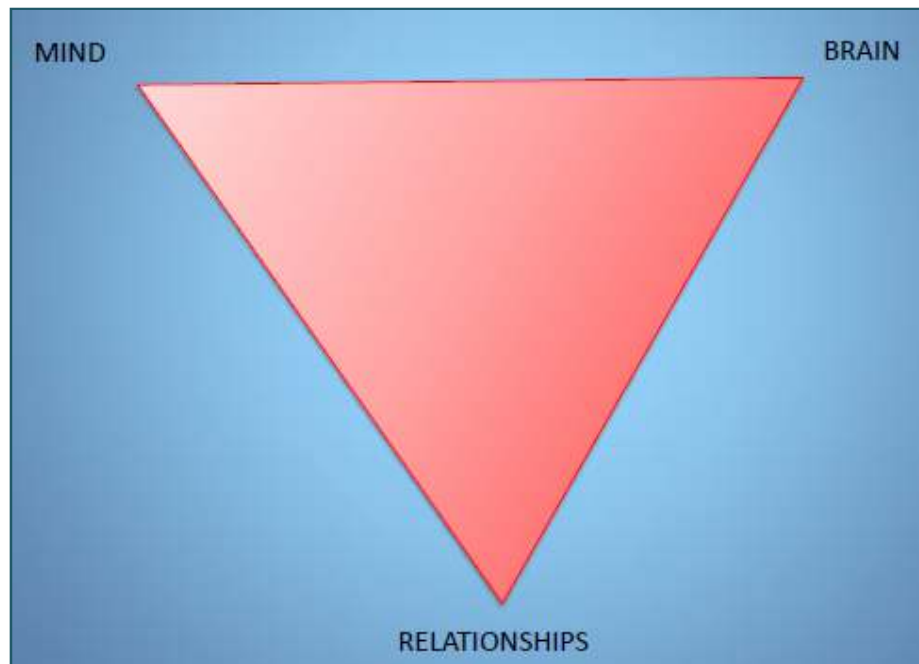


Figure 1: An illustration of the interpersonal neurobiology concept

Source: Gambrel, Faas, Kaestle and Savla (2016)

Overall, IPNB is contributory to the work of health care providers because this concept enables them to attune to children and adolescents' worlds before offering setting limits, conveying warmth, expressing interest nonverbally and verbally, and offering supportive comments relative to the interpersonal child-directed play. Given that the IPNB framework holds that the genesis of distress in children involves their early relationships (Gambrel, Faas, Kaestle&Savla, 2016), it also remains essential and contributory to the work of health care providers whereby it provides room for them (practitioners) to target the earlier experiences and reparative experiences through which the adversities could be countered and, in turn, anticipate a new and positive future. A practical illustration is an example in which the provider creates trusting and strong therapeutic alliances with children, eventually achieving a corrective and secure relationship (Siegel, 2015). Based on the insights above, it can be inferred that IPNB describes the role of the interplay of genes in developing and shaping the relationship between the mind and the body, as well as how the mind and the brain function. Rooted in clinical transformation and science, the IPNB concept is seen to create a

bridge between subjective experiences and the patients' objective data. Particularly, the concept provides room for health care practitioners to ask patients and their families questions about relationships, the mind, and the brain (Gambrel, Faas, Kaestle&Savla, 2016). In clinical works, the IPNB concept is also seen to play a crucial role of informing relevant interventions whereby it enables health care providers to determine the connection between a patient's mind and their brain before discerning the central organizing principle that links unhealthy and healthy functioning, eventually making precise and accurate diagnoses, as well as targeted treatments and disease management approaches that are tailored to the features with which patients present (Siegel, 2015).

References

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