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Except from *Brain Mind Self: Framework To Sustain a Healthy Self*

Preface

“If we truly are discovering the way it is in nature, then we are all encountering the same phenomena.” Words to that effect were Dr. Alan Schore’s response to me when I first discussed my ideas with him years ago. Go ahead and publish it, he said.

This journey actually started for me what seems like eons ago, when Sister Joan Roach opened a whole new world to a sheltered Louisiana high school girl. She said we could do our physics class science project on anything we wanted, so I wanted to understand why teenagers go nuts over rock bands. “Yes, you can study that,” she said. “There is this science called psychology, which studies why people do what they do.” Surprised, I replied: “You mean it’s not all crazy and confusing? There’s a sense to what goes on between people?” “Yes, there is.” I set out on quite a voyage of discovery.

My passion has been to find out what truly heals the human spirit.

As a professional, I have come to understand psychology as intertwined with related disciplines, including: neuroscience, social sciences, evolution, mind/body health, and philosophy/spirituality. This book results from scientific study of a human’s most complex organ, as well as our mind, development, evolution, body, and social nature. My goal has consistently been to develop a practical framework for organizing scientific knowledge and improvement methods/approaches for individuals and their relationships and world.

In 1996 I started writing the forerunner of this book (as some of my colleagues know) and have been both utilizing and improving the basic framework over that period. Along the way, I've found that many specialists are of compatible minds, such as Dr. Dan Siegel, who introduced a generation of psychotherapists to the brain using the fist of the hand as a guide.

The evolution of this book was quite the complex process, figuring out what to include in an introductory book, assimilating and accommodating the continuing knowledge explosion, complicated by changing professional and societal conditions, as well as fresh personal realizations. An article to be submitted to a peer-reviewed scientific journal is being prepared providing the line-by-line citations.

This book introduces a practical broad framework for understanding mind/brain/body/spirit, growth and development, improvement/healing, and general connections/interaction between individuals and their context. It offers a comprehensive understanding of the psychological powers and functions we subjectively experience our selves (a self) to have, grounded in macro brain-location, development, adaptation, social/habitat, and evolution patterns and dynamics.

Given that the brain-mind-self framework presents new aspects of understanding who we are – from further synthesizing and personalizing research in many disciplines, to introducing themes for categorizing and effectively working with our brain-mind-self – I wanted this initial book to cast a wide net. Through overviewing the framework, I hope health professionals, scientists, teachers, and the interested public will all find something of value.

For the interested public, encountering the powers, functions, and interrelationships among the multitude of you – as your brain/self and in your contexts – will benefit you. Fly over any scientific analysis that seems too dense. Scenarios and examples for practical knowledge abound.

PREFACE

For mental health professionals, this book's scientific tour of the universals we all live will enrich some trends already underway in the profession. For example, the growing understanding that, with appropriate structure and preparation, the brain-mind-self can heal or adapt itself. Psychotherapy becomes grounded in more than a particular method or approach – even as psychotherapists work with their specific technology and processes. Through surveying the brain-mind-self framework, psychotherapists encounter a wide array of universal intrapersonal and interpersonal neuro-body-biological processes and dynamics that open the door to new possibilities.

For scientists, information specialists, and other professionals, new hypotheses/ premises offered as well as the broad review will likely stimulate further ideas, analysis, and research possibilities.

For teachers and students, this science journey aids understanding of neuroscience and psychology.

It has been 14 years since I announced to my husband and family that I was compelled to write this book – and estimated it would take a few years. They were very supportive and encouraging. Looking back, I wanted to – in my best estimation – assure that vital aspects of human nature revealed throughout history – including the noble, the boring, the worst, and the healing – were well-enough present and accounted for, so I pursued a more complete framework. However well or ill I've cobbled together this framework from science and practice, here it is! I welcome other's commentary. Certainly, this resulting baby is wanted, loved, and has its vital parts.