



Class 6 Handout

Practices of Integrative Communication*

- 1. Awareness:** Be mindful of your own feelings and bodily responses and others' nonverbal signals.
- 2. Attunement:** Allow your own state of mind to align with that of another.
- 3. Empathy:** Open your mind to sense another's experience and point of view.
- 4. Expression:** Communicate your internal responses with respect: make the internal external.
- 5. Joining:** Share openly in the give-and-take of communication, both verbally and nonverbally.
- 6. Clarification:** Help make sense of the experience of another.
- 7. Sovereignty:** Respect the dignity and separateness of each individual's mind.

* reprinted from *Parenting from the Inside Out* (Siegel and Hartzell, 2002). Page 71)



Integrative Communication Inside-Out Exercises*

INTEGRATIVE COMMUNICATION INSIDE-OUT EXERCISES*

1. Think of a time when you and your child had a different reaction to the same situation or experience. Now try to see the events from your child's point of view. How did you appraise the meaning of the experience differently? How do you think that your child would react if you offered him or her a new insight into how you have made sense of the experience through his or her eyes. For example, you might say, "I can see why you were scared when the storm made all the lights go out and you were alone. I was scared too when I was a kid every time there was a thunderstorm."
2. Consider the practices of integrative communication. Observe your interactions with your child and think of how these seven elements may have been a part of your communication. Try developing these practices in your future interactions with each other. Can your child sense "feeling felt" by you? How does your own sense of joining with your child evolve?
3. Think of ways that you can utilize these seven practices in communicating with your self. How can you experience an openness to your own internal states, your primary emotions? Become aware of the inner sensations, thoughts, and images that enable a deeper and centering sense of mindfulness.** As you let these internal processes float into consciousness, empathize with them without judging or trying to fix yourself.

* Adapted from *Parenting from the Inside Out* (Siegel and Hartzell, 2002)

** also view PsychAlive YouTube video "[What Is Mindfulness?](#)" with Jon Kabat-Zinn