NeuroRegulation

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Book Review – *Interpersonal Neurobiology and Clinical Practice*

by Daniel J. Siegel, Allan N. Schore, and Louis Cozolino. W. W. Norton & Company, New York, NY, 2021, 368 pages, ISBN: 978-0-393-71457-9.

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***Address correspondence to**: Tabitha N. Webster, 1330 Elmhurst Dr NE, Cedar Rapids, IA 52402-4797, USA. Email: mft.tnw@gmail.com

Edited by:
Rex L. Cannon, PhD, Currents, Knoxville, Tennessee, USA

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Rex L. Cannon, PhD, Currents, Knoxville, Tennessee, USA

This is a review of the consilient book *Interpersonal Neurobiology and Clinical Practice* by Siegel et al., released at the end of 2021. The book is both an accessible and complex consilient demonstration of the principles and integration of Interpersonal Neurobiology (IPNB) with some new material on the influence of COVID-19 and moving mental healthcare into virtual spaces.

Like the theory of IPNB, Siegel et al.'s latest addition to the Norton Interpersonal Neurobiology Series is a glowing example of consilience at work. The voices found within the chapters are familiar and known to those who have read the collection. Each chapter is unique, and each author's voice, frame, and knowledge are clear. As a whole, this book holds the collective theoretical frame of IPNB, a consilience of voice.

As IPNB is a complex conceptualization of human development, these summaries are too complex to serve as an introduction to those who are not already familiar, while at the same time being too basic for those who are. However, the three chapters mentioned do provide sufficient new information to make reading worthwhile.

Chapter 4, written by Porges, is a polyvagal take on COVID-19 and our nervous system. In a clear Porges voice, it outlines and highlights the direct correlation between his work and our new reality. He gives voice to what many have felt during the past two years and what we may have seen as clinicians but have not yet been able to give a name to; the effects on the body of isolation, chronic stress, and unknown disease that affects our neurology. The clinical pieces come in the polyvagal understanding of coregulation and how we do that in the virtual space. "We need to embrace the virtual world of communication with our knowledge of the cures that our nervous system craves. To accomplish this, we need to become more accomplished at sharing feeling moments and not just syntax while in video conferences" (pg. 81)."

Chapter 10, written by Morgan, addresses the role of connection in addiction recovery in a time of social distancing. If you have not read Morgan's "Addiction, Attachment, Trauma, and Recovery," I would highly recommend you do. In this chapter, Morgan explores if connection is the healing power and force in treatment and addiction recovery and how we can accomplish this in a time of isolation, disconnection, stigma, and toxic environment. Morgan addresses the "upstream factors, that is, the social-ecological adversities and create an addiction enhanced environments" (pg. 245). He ends the chapter with positive signs, further changes, and sustainable changes. On a personal note, I think Morgan's voice is one of the warmest and most gentle voices to read in the IPNB series.

Chapter 12 is written by Hughes. He addresses the work of synchronizing states of the emotion of a family's system in working in telehealth. This chapter may be less of interest to the neuromodulation purest. However, a fundamental tenet of IPNB is that most brain development and function are derived from familial relationships. Therefore, it would likely serve even the hardcore neuroscientist to have some sense of family systems. Hughes provides a case example of a family, including a transcript of

fundamental interactions, and discusses the critical research on infant development of emotions and states. He describes the PACE (playfulness, acceptance, curiosity, empathy) conceptualization and reflection of the therapeutic power. He provides clear points in a summary of how this case was "influenced by key aspects of synchronized infant–parent interactions." Like the other chapters before, the novelty and power are not the theoretical frameworks but the inclusion of the teletherapy aspect, addressing and highlighting novel movement into this new shared space of online therapy.

Overall, this book is full of the powerhouse voices of IPNB, and it is more accessible than deep dives into each author's literature or foundational books. If you are an avid reader of the IPNB Norton Series, there is little new information, but there is a quality summary of those unique theories in IPNB. The integration of COVID, telehealth, and our neurology is a helpful starting conceptualization for those doing clinical work and supporting this new formation of our world. This book may be challenging for those new to IPNB and its prolific authors, but it may also spark interest in taking on those deep dives.

Author Declaration

This book review is not supported in any way nor do I have conflicts to report.

References

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