

The neurobiology of psychotherapy

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The perspective of interpersonal neurobiology is to build a model within which the objective domains of science and the subjective domains of human knowing can find a common home. Interpersonal neurobiology approach to psychotherapy draws on the basic framework of this interdisciplinary view in exploring the ways in which one individual can help others alleviate suffering and move toward well-being.

The central idea of interpersonal neurobiology is to offer definitions of mind and of mental well-being that can be used by a wide range of professionals concerned with human development. This article summarized the principles of interpersonal neurobiology, with an emphasis on neuroscience findings regarding the mirror neuron system and neural plasticity.