Lovers Pose

LOVERS POSE

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AGENDA

- Introduction
  - How is it used?
  - When to use it?
- Process
  - Pre-operational phase
  - Operational phase
  - Post-operational phase
- Casting
  - As the lovers
  - Parent-child
  - Inner child
  - Lost person

How is it used?

- Therapist puts one partner in the inferior position and another in the superior position
- Therapist should position him/herself as close to the couple as is possible and at median height
How is it used?
- Observe the couple getting into position
- Pay close attention
- Getting into position
- Settling into position
- Faces, breathing, skin color, muscle tension, eye contact, pupil dilation, heart rate, limb placement

When to use it?
- Whenever you wish
- When you have enough time to get them in with plenty of time to get them out and roadworthy
- When you have a therapeutic alliance
- When you feel inspired

How is it used?
- Decide who's on top and who's on bottom
- What do you want to see?
- What do you want them to experience?
- Which choice is the most dramatic?
- You can always switch them
- When in doubt, just pick

When to use it?
- When you want to prove something or demonstrate something
- When you want to craft a drama to heal or repair
- When you want to craft a scene that involves early attachment figures
- When you want to make them a couple
Pre-operational Phase

- Trance induction
  - Increase space between your words and sentences
  - Use language in a continuous manner such as,
    - "As you look at your partner does she seem relaxed to you?"
    - "And as she says that to you, what do her eyes do?"
  - Use cross questions and cross comments to focus partners' attention on each other's eyes and face

Cross questions

- "As you look at your partner does it seem as if he's comfortable in this position?"
- "As you look at your partner's face, does she feel trustworthy to you?"
- "What is he thinking right now?"
- "As you look at her, does she trust you?"
- "Do you like where his hands are right now?"
- "What do you see in his face right now?"
- "What do you think she's feeling at this moment?"
- "As you look at him, do you think he believes you can handle him?"

Cross comments to focus attention

- "Notice the change in his face."
- "What did you see?"
- "What do you think happened?"
- "There's sadness."
- "There's anger."
- "There is fear in his eyes."

Check vocal pressure, volume, cadence, prosody

- Everyone should be swinging to the same metronome
- Keep partners' eyes on each other at all times
Crossing Techniques
Use cross questioning and cross commenting to stitch them together

Operational Phase
- Use cross questioning and cross commenting to stitch them together

Do
- Do surgery
  - Exploratory work on the couple system
  - Exploratory work on the early attachment system
  - Repair work on both

Be
- Be patient and lead by following the couple

Keep
- Keep it simple

Remember
- Remember, it’s couple therapy

Operational Phase
- You are the casting director
- You are a dramatist
- You are the outside voice
- You are re-sculpting implicit memory
- Affect affect affect
- Bridge, callback, link, synthesize, reframe narrative
Post-operational Phase

- Sit partners up and have them face you.
- Monitor sensorium.
- Gradually move your energy up with your voice.
- Gradually move them toward a normal waking state.
- Stay in the phase until they look bright and alert.
- Discuss the exercise.
- If time, move on to next piece of work.

Casting

As the lovers → Parent-child → Inner child → Lost person

Keep it simple
Don’t overload the material
You don’t have to reverse the partners
Don’t be afraid to just end the exercise

Thank you!

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