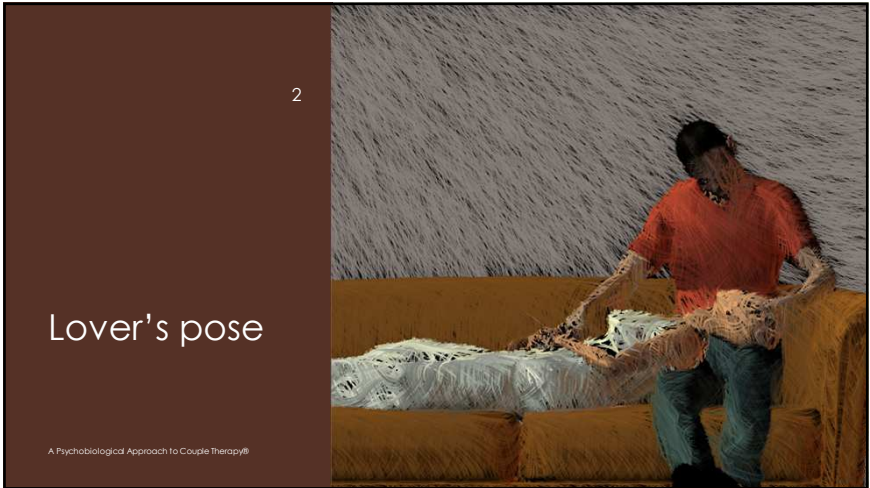


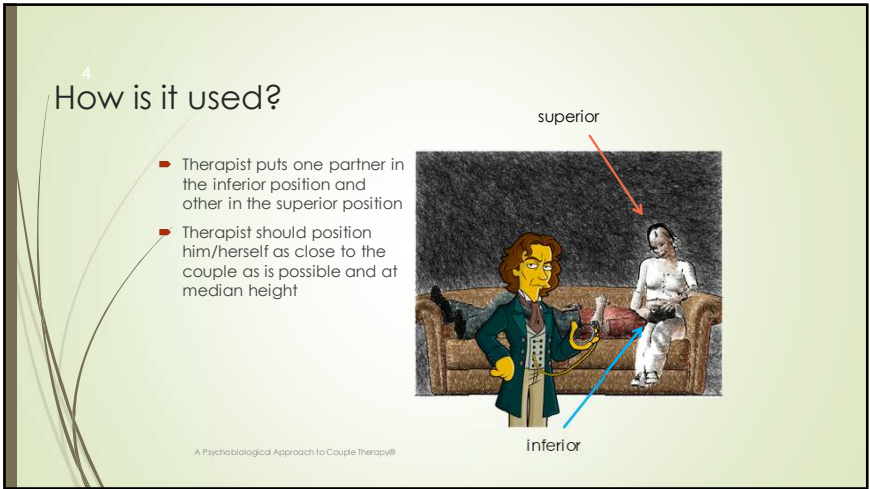
1



2



3

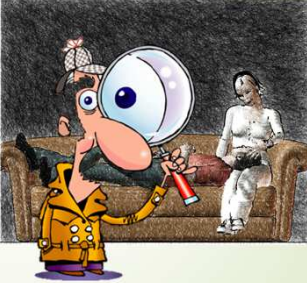


4

5

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



5

A Psychological Approach to Couple Therapy®

5

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




6

A Psychological Approach to Couple Therapy®

6

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




7

A Psychological Approach to Couple Therapy®

7

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



8

A Psychological Approach to Couple Therapy®

8

9

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

A Psychological Approach to Couple Therapy®

9

10

Pre-operational Phase

- 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 that 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?"

A Psychological Approach to Couple Therapy®

10

11

Pre-operational Phase

- 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."

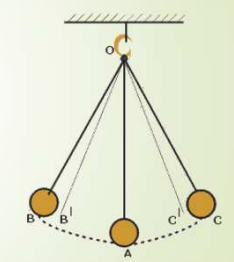
A Psychological Approach to Couple Therapy®

11

12

Pre-operational Phase

- Check vocal pressure, volume, cadence, prosody
- Everyone should be swinging to the same metronome
- Keep partners eyes on each other at all times



The diagram shows a pendulum hanging from a fixed point. It illustrates three positions: A is the lowest point of the swing, B is the leftmost point, and C is the rightmost point. Dashed lines and arrows indicate the path of the swing between these points.

A Psychological Approach to Couple Therapy®

12

Crossing Techniques

Where your eyes should go



Use cross questioning and cross commenting to stitch them together

13

14

Operational Phase

- Use cross questioning and cross commenting to stitch them together

A Psychological Approach to Couple Therapy®

14

15

Operational Phase

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

A Psychological Approach to Couple Therapy®

15

16

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

A Psychological Approach to Couple Therapy®

16

17

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 this phase until they look bright and alert



Discuss the exercise



If time, move on to next piece of work

A Psychobiological Approach to Couple Therapy®

17

Casting



As the lovers



Parent-child



Inner child



Lost person



18

19

Lovers Pose



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

A Psychobiological Approach to Couple Therapy®

19

20

Thank you!

stan.tatkin@gmail.com
ThePactInstitute.com
StanTatkin.com



A Psychobiological Approach to Couple Therapy®

20

21

Training Groups

www.thepactinstitute.com

- Los Angeles, California
- Berkeley, California
- Seattle, Washington
- Austin Texas
- Boulder, Colorado
- Santa Fe, New Mexico

- New York, New York
- Toronto, Canada
- Wickenburg, Arizona
- Valencia, Spain
- Istanbul, Turkey
- Melbourne, Australia

A Psychological Approach to Couple Therapy®

21

22

WIRED for LOVE

HOW UNDERSTANDING YOUR PARTNER'S BRAIN AND ATTACHMENT STYLE CAN HELP YOU DEFUSE CONFLICT AND BUILD A SECURE RELATIONSHIP

STAN TATKIN, PSYD
FOREWORD BY HARVILLE HENDRIX, PHD

LOVE and WAR in Intimate Relationships

Connection, Disconnection, and Mutual Regulation in Couple Therapy

Marion Solomon Stan Tatkin
Foreword by Daniel J. Siegel

YOUR BRAIN ON LOVE

THE NEUROBIOLOGY OF HEALTHY RELATIONSHIPS

STAN TATKIN, PSYD

Available Now!

A Psychological Approach to Couple Therapy®

22

23

WIRED for DATING

HOW UNDERSTANDING NEUROBIOLOGY and ATTACHMENT STYLE CAN HELP YOU FIND YOUR IDEAL MATE

STAN TATKIN, PSYD, MFT
FOREWORD BY HARVILLE HENDRIX, PHD, AND HELEN LAKELEY HUNT, PHD

How People CHANGE

Relationship and Neuroplasticity in Psychotherapy

Edited by MARION SOLOMON and DANIEL J. SIEGEL

Available Now!

A Psychological Approach to Couple Therapy®

23

24

STAN TATKIN PSYD, MFT

WE DO

SAYING YES TO A RELATIONSHIP OF DEPTH, TRUST, CONNECTION, AND ENDURING LOVE

Stan Tatkin, PsyD, MFT

THE RELATIONSHIP RX

Insights and Practices to Overcome Chronic Fighting and Return to Love

A Psychological Approach to Couple Therapy®

24