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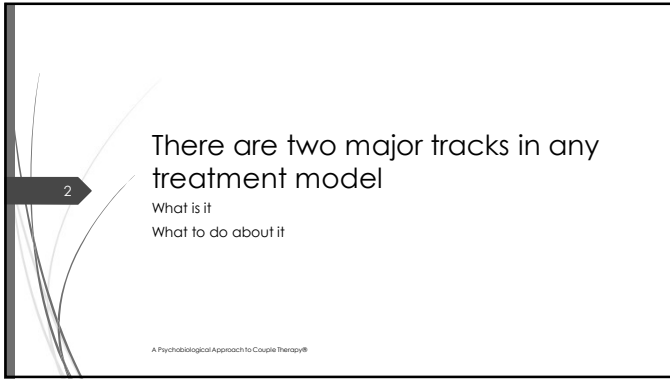
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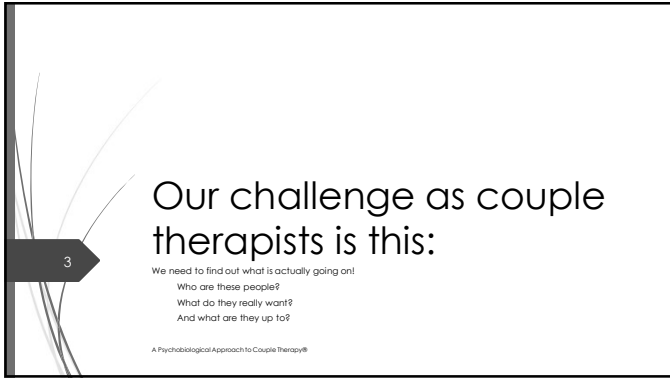
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### NARRATIVES LIE

There are reasons why words are NOT reliable

- Real time is too fast
- People don't know what they are doing (most of the time) or why
- In the absence of knowing, people make shit up
- People also lie
- Memories are shaped by present state and state changes perception
- Things are rarely what they seem

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### A Secure-Functioning Model of Therapy

<p><b>Conflict Model</b></p> <p>Social skills</p> <p>Content conflicts and power struggles</p> <p>Narrative</p> <p>Top-down processing</p>	<p><b>Capacity Model</b></p> <p>Social-emotional capacity</p> <p>Psychoneurobiological, developmental, social-emotional skills and deficits</p> <p>Narrative coherence</p> <p>Bottom-up processing</p>
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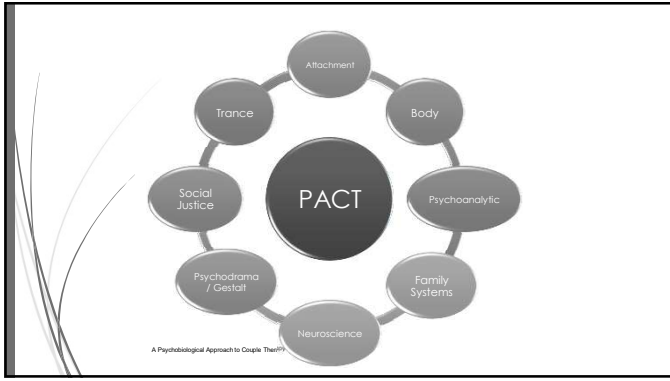
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### PACT Therapists Offer a Unique Mix of Techniques

- We pay close attention to **micro-movements and micro-expressions**
- We pay special attention to **all shifts and changes** in arousal and affect
- We regulate the couple using **tensing and relaxing** and **shifting topics**
- We use a **forensic-like interview process**
- We prefer to **stage or create experiences** before making interpretations
- We prefer to **collect evidence, plan strategically, and offer proof** before intervening

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### It started with a paradigm shift

- ✓ The simple idea that partners are in each other's care
- ✓ Emphasis on interactive regulation over self-regulation

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### Therapeutic Stance

The Overarching Goal

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DOES NOT REQUIRE PARTNERS BE SECURE!

# Secure functioning

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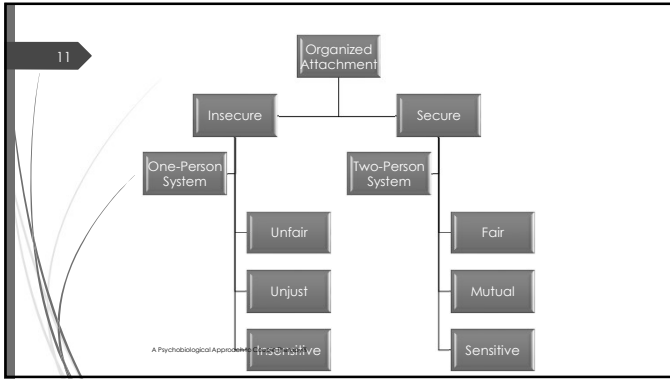
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## What Is Secure Functioning?

- Partners put the relationship first
- Partners are collaborative
- Partners are good stewards of their safety and security system
  - No threats to the relationship
  - Mutual protection in private and in public
  - Quick repair of injuries
  - Fully transparent
  - First to know
  - Go-to people
  - Attraction not fear
  - Manage thirds properly

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## VIDEO

Secure Functioning Example



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## Arousal Regulation Strategies

- Autoregulation
- External Regulation
- Interactive Regulation
- Self Regulation

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## Therapeutic Stance

- Only advanced if the **therapist expects secure functioning**
- Secure functioning is evidenced by a **therapeutic alliance**
  - All on the same page with regard to frame, roles, and task
- Couple is **collaborative and cooperative**
- Acting out** should not be rewarded – a sign of poor therapeutic alliance
- Cross-interpreted (esp avoidant partners) or confronted (esp angry resistant partners), or down the middle (confrontation of both partners)
- Pressure is maintained** to move toward secure functioning
- Secure functioning **competes** with addictions, compulsions, lying, and cheating

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### Fun Facts

- Nothing more difficult than another person
- All people are annoying
- No such thing as a low maintenance person up close
- We pair bond by recognition and familiarity
- Therefore partners are more alike than not
- Real time is extremely fast
- We mostly don't know why we do what we do
- What we don't know we make up
- Narratives cannot be trusted
- Things are hardly ever what they seem
- 99% of your day is automatic

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### 17

### Developmental Neuroscience

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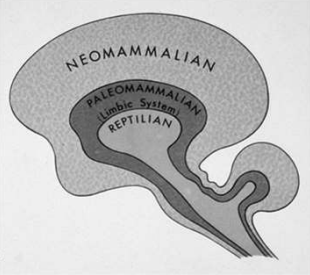
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### 18

### MacLean's Triune Brain



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<p><b>Ambassadors</b></p> <p><b>High Cortical</b></p> <ul style="list-style-type: none"> <li>✓ Relational</li> <li>✓ Expensive</li> <li>✓ Slow</li> <li>✓ Conscious</li> </ul>		<p><b>Primitives</b></p> <p><b>Subcortical</b></p> <ul style="list-style-type: none"> <li>✓ Survival</li> <li>✓ Cheap</li> <li>✓ Fast</li> <li>✓ Automatic</li> </ul>
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**Arousal regulation**  
Preparatory/Anticipatory Systems

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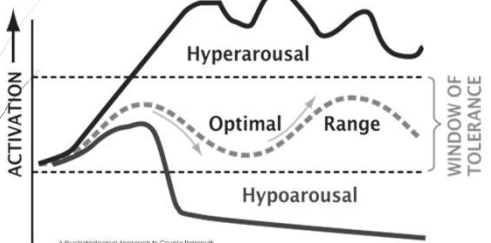
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**Window of Tolerance**



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**Types of Arousal Regulation**

- Autoregulation
- External regulation
- Interactive regulation
- Self-regulation

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**23** **Therapist Self-Regulation**

- External regulator
- Can and should allow partners to dysregulate one another
- Should never be the cause of dysregulation
- Titrates arousal (tension-relaxation)

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**24** **Attachment**  
If it's not one thing, it's your mother

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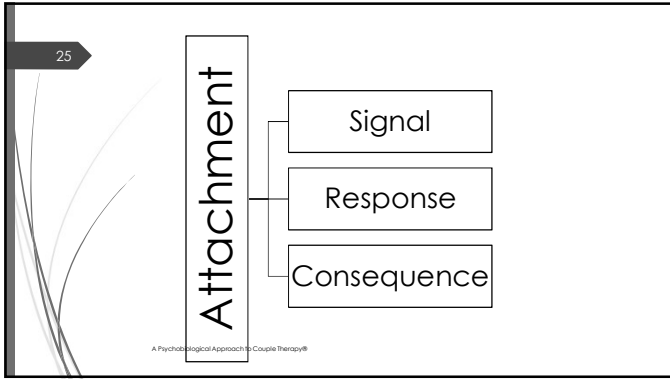
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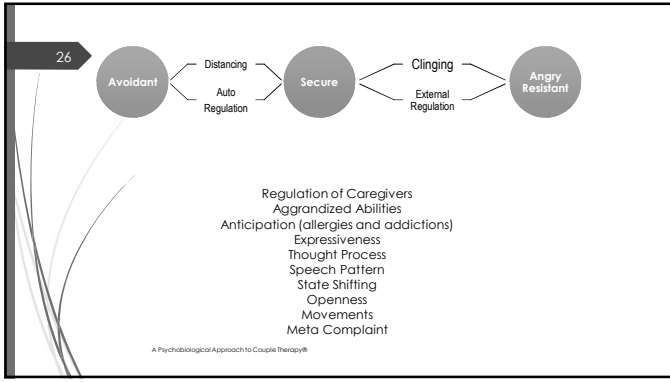
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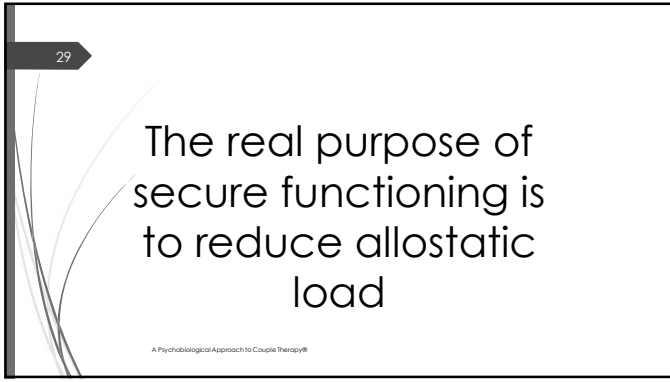
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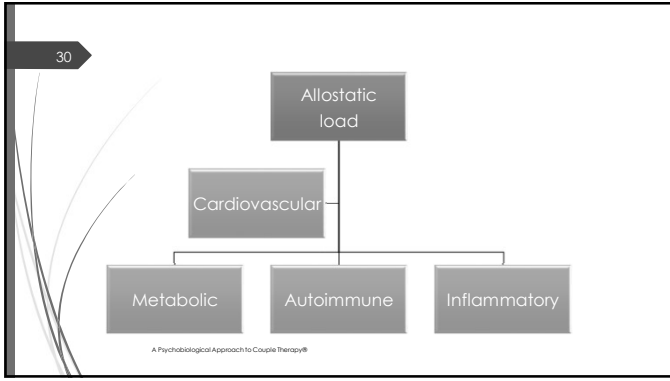
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### Conclusion

- PACT focuses on bottom-up interventions that bypass higher cortical areas
- PACT is the "show me" psychotherapy
  - we look for proof
- The PACT therapist takes a stand for secure functioning relationship
- Secure functioning is available to all couples, despite each partner's internal working model
- Secure functioning will only occur if the couple therapist expects it
- Secure functioning is not just good for couples but for the world

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### Thank you!

stan.tatkin@gmail.com  
ThePactInstitute.com  
StanTalkin.com



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### Training Groups

[www.thepactinstitute.com](http://www.thepactinstitute.com)

■ Los Angeles, California	■ New York, New York
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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, Neuroscience, and Brain Regulation in Couple Therapy  
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YOUR BRAIN ON LOVE  
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HOW TO BUILD A RELATIONSHIP OF DEEP, TRUE CONNECTION AND ENDURING LOVE

Stan Tatkin, PsyD, MFT  
THE RELATIONSHIP RX  
Insights and Practices to Overcome Chronic Fighting and Return to Love

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