



Dear service provider,

The way we work with couples—and the way we understand trauma—is changing.

As a clinician specializing for the last 18 years in working with couples, I've developed an approach that combines attachment theory, developmental neuroscience, and arousal regulation: A Psychobiological Approach to Couple Therapy®, or PACT.

A very dynamic and efficient methodology, PACT has earned a reputation for effectively treating the most challenging couples.

The PACT Institute offers training to licensed, professional therapists in the PACT methodology. The training is completely customizable based on the needs of your therapists.

I look forward to the opportunity of working with you. In the meantime, take a look at the information attached.

Best,

Stan Tatkin, PsyD, MFT



Background on PACT

A Psychobiological Approach to Couple Therapy® (PACT) was developed by Dr. Stan Tatkin out of exciting, cutting-edge research in three areas: developmental neuroscience, attachment theory, and the biology of human arousal.

The goal of the PACT approach is to promote secure functioning relationships. A secure functioning relationship is one that is fully collaborative, mutually supportive, and based on fairness, justice, and mutual sensitivity.

Rather than rehashing past conflicts, the PACT therapist learns to quickly assess the issues troubling the relationship and creates similar experiences during the session to help couples work through them in real time. The PACT therapist focuses on moment-to-moment shifts in the clients' micro-expressions, micro-movements, and voice, and teaches the couple to pay close attention to these shifts in each other.

A very dynamic and efficient methodology, PACT tends to require fewer sessions than other forms of couple therapy. And PACT has a reputation for effectively treating the most challenging couples.



PACT Training Overview

The PACT Institute offers in-person professional training for licensed and pre-licensed marriage and family therapists, social workers, professional counselors, psychologists, and psychiatrists.

PACT Training comprises two levels: Level 1 (Foundation) and Level II (Advanced). At each level, training deepens understanding of all aspects of PACT, including assessment of and interventions for attachment, arousal regulation, and neurological capacity.

Each level combines didactic and multimedia delivery of information, group discussion, experiential exercises, clinical video presentations, case consultation, and live case enactments.

Manuals, online forums, downloadable articles, webinars, and online quizzes and tutorials help students integrate PACT skills and techniques into clinical practice.

PACT Level I Training

In PACT Level I, students learn the fundamentals of PACT and how to lead even the most challenging couples toward secure-functioning relationships.

2018 Level I course includes:

- One 5-day training module and One 4-day training module (with a space of four to five days in between.)
- 54 continuing education (CE) hours
- Digital copies of the PACT Level I training manuals
- Three live webinars, presented by Dr. Stan Tatkin, with guest experts
- Access to PACT Training Videos after each module is completed (34 videos in total)
- Membership in online discussion group
- Access to online Student Library, which contains an extensive bibliography with downloadable articles, as well as classroom materials, including audio, video, and webinar recordings
- Invitation to participate in city consultation groups, where available

Students who successfully complete this training can identify as a PACT Level I clinician/therapist, indicating a strong foundation in the skills and principles of PACT.

Price: \$2300 per student

OR Flat Fee to instructor be negotiated

Travel and accommodations expenses to be paid for by the sponsoring organization.



PACT Level II Training

PACT Level II training emphasizes skill mastery and deepening the integration of PACT in students' clinical practices.

2018 Level II course includes:

- Two 3-day training modules
- 36 continuing education (CE) hours
- Digital copies of the PACT Level II training manuals
- Three live webinars, presented by Dr. Stan Tatkin, with guest experts
- A year of access to PACT Level II Training Videos
- Membership in online discussion group
- Access to online Student Library, which contains an extensive bibliography with downloadable articles, as well as classroom materials, including audio, video, and webinar recordings
- Invitation to participate in city consultation groups, where available

2018 Level II requirements for participants: To qualify for attendance in PACT Level II you must have completed Level I since 2013.

Students who successfully complete this training can identify as a PACT Level II clinician/therapist, indicating knowledge of and proficiency in integrating basic and advanced PACT skills and principles in a clinical setting.

Price: \$2095 per student

OR Flat Fee to instructor be negotiated

Travel and accommodations expenses to be paid for by the sponsoring organization.

CE Credit Available for Level I and Level II Trainings

Sponsored by the PACT Institute (ACEP #6641, PCE #5551, and SW CPE #0104), completing Level I training earns 54 continuing education hours and Level II training earns 36 continuing education hours.



Cities We've Trained

In the United States:

Los Angeles, California

New York, New York

Berkeley, California

Seattle, Washington

Boulder, Colorado

Santa Fe, New Mexico

Austin, Texas

Wickenburg, Arizona

Internationally:

Toronto, Canada

Istanbul, Turkey

Valencia, Spain

Melbourne, Australia

London, England



Biographies

Stan Tatkin, PsyD, MFT

Stan Tatkin, PsyD, MFT, is a clinician, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). He has a clinical practice in Calabasas, CA, where he has specialized for the last 18 years in working with couples and individuals who wish to be in relationships. He and his wife, Tracey Boldemann-Tatkin, PhD, developed the PACT Institute for the purpose of training other psychotherapists to use this method in their clinical practice.

In addition, Dr. Tatkin teaches and supervises first- through third-year family medicine residents at Kaiser Permanente, Woodland Hills, CA, and is an assistant clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine. He is on the board of directors of Lifespan Learning Institute and serves as a core member on Relationships First, a nonprofit organization founded by Harville Hendrix and Helen LaKelly Hunt.

Books by Dr. Tatkin include:

- *We Do: Saying Yes to a Relationship of Depth, True Connection, and Enduring Love*, published by Sounds True (forthcoming)
- *Relationship Rx: Insights and Practices to Overcome Chronic Fighting and Return to Love*, published by SoundsTrue
- *Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship*, published by New Harbinger.
- *Your Brain on Love: The Neurobiology of Healthy Relationships*, published by Sounds True.
- *Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy*, with coauthor Marion Solomon, available through W. W. Norton's Interpersonal Neurobiology Series.
- *Wired for Dating: How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate*, published by New Harbinger.

Dr. Tatkin received his early training in developmental object relations (Masterson Institute), Gestalt, psychodrama, and family systems theory. In his private practice, he specialized for some time in treating adolescents and adults with personality disorders. More recently, his interests turned to psycho-neurobiological theories of human relationship, and to integrating principles of early mother-infant attachment with principles of adult romantic relationships.

Dr. Tatkin was a primary inpatient group therapist at the John Bradshaw Center where, among other things, he taught mindfulness to patients and staff. He was trained in Vipassana



meditation by Shinzen Young, PhD, and was an experienced facilitator in Vipassana. He was also trained by David Reynolds, PhD in two Japanese forms of psychotherapy, Morita and Naikan.

Dr. Tatkin was clinical director of Charter Hospital's intensive outpatient drug and alcohol program, and is a former president of the California Association of Marriage and Family Therapists, Ventura County chapter. He is a veteran member of Allan N. Schore's study group. He also trained in the Adult Attachment Interview through Mary Main and Erik Hesse's program at UC Berkeley.



PACT Core Faculty

Lon Rankin, MA, LPCC

Lon Rankin is a couple therapist in private practice in Santa Fe, NM. His background is in transpersonal psychology. He enjoys keeping current with the vast amounts of emerging neurobiology research and exploring the use of nonordinary states of consciousness for healing.

Lon has been on staff with the Grof Transpersonal Training program, where he taught Holotropic Breathwork and facilitated sessions and trainings. He practiced bodywork as a craniosacral therapist for a decade before that. He also specialized in healing work with men and their relational issues, and is a former leader and long-time member of New Mexico Men's Wellness. Lon has been an arctic explorer and a professional skier, and designed and built his own off-the-grid home. He is a lifelong avid jazz musician. Other interests include African drumming in particular, and music in general, in the promotion of states of well-being, and keeping fit in the nearby mountains. He loves living in Santa Fe. Nothing has taught Lon more than his evolving relationship with his wife as well as raising and loving his 28-year-old son. He finds great joy and satisfaction in using these relationships as a foundation for his work with couples.

Inga Gentile, MFT

Inga is a licensed marriage and family therapist as well as a licensed psychologist based in Norway. She's on the clinical staff at Viken Senter, a national psychiatric center. Her work there focuses on the intensive inpatient treatment of couples and families, many of whom have experienced developmental trauma. She believes strongly in supporting the building of robust relationships as a means of alleviating individual distress and encouraging individual and collective development.

A Chicago native, Inga earned her MA in clinical psychology from Antioch University in Santa Barbara, CA, in 2005. Her subsequent training included treating individuals, couples, and families in hospital, community mental health clinics, and private practice settings, both stateside and abroad.

Inga has been studying with Stan Tatkin since 2004 and was fortunate to be part of the original Calabasas PACT study group. The dynamic interplay of attachment processes, developmental neuroscience, and arousal regulation that informs the PACT model has revolutionized her practice. Inga is additionally trained in Eye Movement Desensitization and Reprocessing (EMDR™). Her interest in mindfulness practice and yoga also influences her work.



She's currently spending a year working at the Outpatient Psychiatric Clinic at the University Hospital of North Norway in Tromsø, Norway.

Rachel Holland, DClinPsych

Rachel Holland is a chartered clinical psychologist with the British Psychological Society who specializes in psycho-oncology (the psychological care of cancer patients and their families).

Originally from England, she moved to Belfast, Northern Ireland to study psychology at Queen's University. During clinical training, she did research on peri-traumatic dissociation during childbirth as a predictor of posttraumatic distress following birth. Rachel also completed an advanced practicum at the Department of Veterans Affairs, National Center for PTSD, in Boston, MA. Rachel was a clinical psychologist in cancer care and gynecology at the Belfast City Hospital at the Department of Clinical Health Psychology. She was also a manager for Macmillan's flagship Support and Information Centre for Northern Ireland, where she led a multidisciplinary team that offered a range of psychosocial supports for people affected by cancer. Rachel has developed her meditation practice through Potala Kadampa Buddhist Centre in Belfast. She teaches meditation in clinical settings. In 2005, Rachel met Stan Tatkin at a trauma conference and was inspired by his approach to couple therapy. In 2011, she returned to England, where she worked at Maggie's Cancer Caring Centre in Cheltenham for a year, before taking up her current role as Macmillan principal clinical psychologist in Buckinghamshire. Rachel works for the National Health Service (NHS) and is based at Stoke Mandeville Hospital. She has developed a couple therapy service using PACT with cancer patients and their partners as part of the range of therapies offered by the Psycho-Oncology Service. Rachel has completed a postgraduate degree in advanced reflexive supervision and supervises cross-professionally, using a process framework that allows supervisees to explore the empathic connection between them and their clients.

Hans Stahlschmidt, PhD

Hans Stahlschmidt is an experienced therapist who works with couples and individuals in private practice in Berkeley, CA. He is interactive and direct, and from early on, establishes a secure frame that allows the couple to be vulnerable as well as rise to the challenges necessary for lasting change.

He has studied and worked in Germany as well as in the United States. He believes that navigating a primary relationship is one of the most difficult human endeavors, but also one of the most rewarding ones—a challenge that will make us grow. For Hans, it is a privilege to be invited into the most intimate aspects of the lives of his clients. He loves life stories and the way individuals discover how to cope, manage, and survive, often in unimaginably difficult situations. The challenge of couples work is to transform what has served well in the past into a healthier and more effective way to relate to oneself and to others. Hans holds a German

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psychology degree from the Freie Universität Berlin and practiced in Berlin as a licensed psychologist. He received his PhD from Pacifica Graduate Institute in Santa Barbara, CA. While drawing upon a range of psychological approaches, he has made the PACT model his theoretical and practice-related home. He has taught in the Bay Area as well as in Germany. In his “former life,” Hans was a shiatsu teacher and building contractor. His varied life experiences, including working in different professions and living on different continents, helps him establish authentic and meaningful relationships with clients from all walks of life.



Kaiser Portland/PACT Pilot Project

At the end of 2016, Kaiser Portland approved a pilot project for couple therapy using PACT. Kaiser Portland had not formally covered couple therapy for members in the past; however, with V-codes for Relational Problems newly reimbursed in Oregon, and with the support of Herb Ozer, LCSW, Senior Mental Health Administrator at Kaiser, the clinic approved the project.

Snapshot of the Project

Kaiser therapist Jill Hauben, LCSW, treated 78 couples over the course of 15 weeks, using PACT principles and interventions. She met with each couple for an average of 4 sessions. Among the 158 individuals treated, a large majority (n=72) suffered from major/persistent depression; others met the criteria for generalized anxiety disorder (n=44), adjustment disorder (n=24), personality disorder (n=18), PTSD/bipolar/ADD (n=14), and addiction-related issues (n=12). Some met the criteria for more than one diagnosis.

Results & Summary

Both partners were assessed before and after therapy using the ACORN Outcome Questionnaires, the Outcome Rating Scale, and the Relationship Assessment Scale. Of the couples who completed at least 3 sessions (n=33), both partners showed improvement on all three scales. Positive change was noted in an average of 3.6 sessions. Several couples successfully completed treatment in 1-3 sessions.

After PACT therapy, levels of relationship satisfaction improved among both partners, and couples were more in sync in their relationship satisfaction. The small sample size makes it difficult to run data analyses that yield statistical significance, but after PACT therapy, data suggest a *clinically* significant reduction in individual depression scores, from moderate to mild symptoms, according to ACORN and ORS.

Recommendations

- Increase external referrals: Work with Triage to better nuance questions to look for marital/relational issues that could be driving symptoms.
- Continue to offer couple therapy. If more therapists saw couples, they could help two people, not one, and treating relationship issues would likely improve overall family functioning, as well as other individual symptoms.



Testimonials from therapists and patients involved in this pilot:

Anecdotal evidence from patients and Kaiser therapists suggests that couple therapy is a needed service, effective with internal and external hard-to-treat individual patients.

From a patient:

“Both my partner and I appreciate your counseling guidance. You truly have helped us break through our biggest challenge in our relationship on session 2. Through sessions with you, I have learned that I am not a broken violent person, but a whole individual with flaws and past traumas. You helped my partner see that in me as well and helped her with her own past traumatic experiences with her past marriage. You helped us see that her and I are solid, caring loving couple whose hearts and goals align. We both felt you have given us a great tool and insight to help us manage difficulties that will arise in our future relationship together...”

From a therapist:

“I referred the parents of a 12-year old girl I am seeing in therapy for your couples therapy. They have both stated they are finding it very helpful, and their daughter states that the tension at home is noticeably better, which, of course, has contributed to improvement in her condition. I would like to see this program continue. A short course of couples counseling for motivated patients is likely to lead to improvement in a host of conditions we typically treat both in this department and in primary care. It is contraindicated for the individual therapist to provide couples counseling, and referring a couple to another team member for couples counseling with one of them as the "identified patient" is also contraindicated... Having both members establish a therapy relationship with a self-identified specialist simultaneously for the purposes of improving interpersonal functioning is a vastly superior (and efficient) treatment model.”

Pilot Project Reference

Jill Hauben, LCSW

Private practice in Portland, Oregon

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jb_hauben@yahoo.com

971-235-5939

Testimonials

“Amazing and helpful. I've been in practice 25 years and this material is life changing professionally and personally.” ~ Catherine Siedel, Level II 2017

“[The PACT training] has been a fantastic growth opportunity. I continue to realize a benefit from it in my practice and my own life. Has made an unbelievable difference in the work I do - giving me a clear direction, lots of tools, increasing confidence and competence.”

~ Vicki Swenson, Level II 2017

“PACT has been the most helpful training I have experienced in over 24 years of practice as a therapist.” ~ Katie Graham, Level II 2015

“[The PACT training] completely supports and develops my skills as a therapist and as a human.” ~ Ellen Boeder, Level II 2015

“Every process in this course helps me in my marriage, my life, and my work.” ~ Daniel Scrafford, Level I 2015

“Much more engaging and dynamic than I had expected. I had read Stan's book so was familiar with the concepts, but the work really came alive in a very visceral and applicable way.” ~ Rex West, Level I 2017

“I feel a deep sense of gratitude for the material, the way it is organized, and the way it has been delivered. It has already transformed my practice, and I am very excited about the future.” ~ Ben Trelease, Level I 2015

