

# Stan Tatkin, PsyD, MFT

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## Curriculum Vita

### PROFESSIONAL INTEREST

Application of attachment theory, developmental neuroscience, and affect regulation theory as applied to couple psychotherapy. Early prevention of personality and attachment disorders

### PROFESSIONAL EXPERIENCE

\*Too many to list here from 2020 to date. Available upon request.

February 2012 and April 2020

**Keynote speaker.** International Institute for Trauma and Addiction Professionals (IITAP), Arizona, California

August 2017 – Present

**Couples Retreat Leader.** 1440 Multiversity, Scotts Valley, California  
Every year

December 2016 - Present

**Recurring presenter.** The Brief Therapy Conference – presented by The Milton H. Erickson Foundation

August 2016

**Presenter.** TEDx Kansas City

July 2016 – Present

**Couples Retreat Leader.** Omega Institute, Rhinebeck, New York  
Every year

April 2016 – Present

**Couples Retreat Leader.** Global Journeys – Costa Rica, Italy, Spain  
Every other year

August 2015 – Present

**Couples Retreat Leader.** Kripalu Center for Yoga and Health, Stockbridge, Massachusetts  
Every year

April 2015 – Present

**Faculty.** The Couples Conference – presented by The Milton H. Erickson Foundation and The Couples Institute  
**Recurring keynote speaker and workshop leader**  
Every year

October 2013 – Present

**Founder and director.** The PACT Institute, Agoura Hills, CA  
Training of clinicians in the Psychobiological Approach to Couple Therapy®

June 2011 – Present

**Teacher/supervisor.** Turkey PACT Training Group, Istanbul, Turkey  
For clinicians, meets 4 times per year

May 2011 – Present

**Teacher/supervisor.** Australia PACT Training Group, Sydney, Australia  
For clinicians, meets 4 times per year

March 2010 – 2014

**Recurring presenter, panelist.** UCLA Attachment Conference, Los Angeles, California

January 2011 – Present

**Couples Retreat Leader.** Esalen, Big Sur, California  
Every year

January 2011 – Present

**Teacher/supervisor.** Spain PACT Training Group, Valencia, Spain  
For clinicians, meets 4 times per year

January 2011 – Present

**Teacher/supervisor.** Toronto PACT Training Group, Toronto, Canada  
For clinicians, meets 4 times per year

January 2010 – Present

**Teacher/supervisor.** Boulder PACT Training Group, Boulder, CO  
For clinicians, meets 4 times per year

January 2010 – Present

**Teacher/supervisor.** Austin PACT Training Group, Austin, Texas  
For clinicians, meets 4 times per year

January 2009 – Present

**Teacher/supervisor.** Los Angeles PACT Training Group, Los Angeles, CA  
For clinicians, meets 4 times per year

January 2008 – Present

**Teacher/supervisor.** Berkeley PACT Training Group, Berkeley, CA  
For clinicians, meets 4 times per year

January 2006 – Present

**Teacher/supervisor.** Seattle PACT Training Group, Seattle, WA  
For clinicians, meets 4 times per year

January 2004 – 2008

**Teacher/supervisor.** Calabasas Study Group, Calabasas, CA  
Professional study group for mental health practitioners

January 2004

**Consultant and Guest supervisor.** Child Abuse Listening and Mediation (CALM), Santa Barbara, CA  
Present and supervise cases from an attachment, psychobiological approach

May 2003 – 2004

**Adjunct faculty.** Master's Psychology Program. California Lutheran University, Thousand Oaks, CA

- Classes Taught: Lifespan Human Development
- Yearly presentations to counseling center staff

March 2003 – Present

**Adjunct faculty.** Masters and Doctoral Psychology Program. Santa Barbara Graduate Institute, Santa Barbara, CA

- Classes Taught: Lifespan Human Development; Infant, Child, and Adolescent Development; Neuroscience; Psychopharmacology.

February 2003 – Present

**Assistant clinical professor.** Family Medicine Department. University of California at Los Angeles, David Geffen School of Medicine, Los Angeles, CA

July 1997 – Present

**Teacher/supervisor.** Kaiser Permanente, Woodland Hills, Woodland Hills, CA

- Teach and supervise first-year family medicine residents in behavioral science clinic
- Supervise all family medicine residents via observation of their medical clinic

March 1995 – 2001

**Adjunct faculty.** Masters Psychology Program. Antioch University, Santa Barbara, Santa Barbara, CA

- Classes Taught: Lifespan Human Development; Adolescent Psychotherapy; Infant, Child, and Adolescent Development; Psychopathology (DSM-IV); Couples Psychotherapy; Theories of Personality; Group Psychotherapy; Object Relations Theory; Clinical Skills II and IV (capstone course).

June 1999 – June 2001

**Adjunct faculty.** Master Psychology Program. Phillips Graduate Institute, Encino, CA

- Classes Taught: Psychopharmacology, Psychopathology, DSM-IV.
- Conducted professional seminars on infant development from neurological, biological and psychological perspectives.

January 1999 – January 2000

**President.** California Association of Marriage and Family Therapists, Ventura County, CA

- Presided over the largest, most politically active chapter in the statewide association

June 1993 – December 1996

**Program/clinical director.** Charter Hospital, Addictive Disease Intensive Outpatient Program, Thousand Oaks, CA

- Held position until hospital closing.

October 1989 – May 1993

**Lead group psychotherapist.** Bradshaw Center, Ingleside Hospital, Rosemead, CA

January 1990 – December 1990

**Clinical intern.** Private practice. Linda Barone, MFT, Los Angeles, CA

October 1989 – December 1990

**Lead group psychotherapist.** Bradshaw Center, Life Plus Treatment Center, Panorama City, CA

October 1986 – October 1989

**Clinical intern.** Southern California Counseling Center, Los Angeles, CA

## EDUCATION

January 1992– December 1995

Ryokan College, Los Angeles, Psy.D. in Clinical Psychology

January 1986 – December 1988

Antioch University, Los Angeles, Masters in Clinical Psychology

June 1983 – June 1986

Antioch University, Los Angeles, Bachelor of Liberal Arts, with emphasis in clinical psychology

January 1980 – January 1982

Pepperdine University, Malibu Campus

National Dean's List

## PUBLICATIONS

Tatkin, S. (2022). *In Each Other's Care: A Guide to the Most Common Relationship Conflicts and How to Work Through Them*. Sounds True Publications.

Tatkin, S. (2022). *Romantic Relationships*. In T. Embleton (Ed.), *Touring and Mental Health: the Music Industry Manual*.

Tatkin, S. (2022). *Loss Avoidance Complicates Principled Romantic Relationships: The I Can't Quit You Biological Mandate of Attachment*. *Science of Psychotherapy* (July).

Tatkin, S. (2021). *What Every Therapist Ought to Know: Attachment, Arousal Regulation, and Clinical Techniques in Couple Therapy* (Original recording ed.). Boulder, Colorado: Sounds True.

Hoppe, K., & Tatkin, S. (2021). *Baby Bomb: A Relationship Survival Guide for New Parents*. Oakland: New Harbinger Publications.

Tatkin, S. (2021). How the Pandemic Has Changed Us. *Science of Psychotherapy* (January), 39-43.

Tatkin, S. (2020). PACT: Psychobiological Approach to Couples Therapy (Part 1). *Science of Psychotherapy*, 4-19.

Tatkin, S. (2020). PACT: Psychobiological Approach to Couples Therapy (Part 2). *Science of Psychotherapy*, 4-15.

Tatkin, S. (2018). *We Do: Saying Yes to a Relationship of Depth, True Connection, and Enduring Love*. Colorado: Sounds True.

Tatkin, S. (2018). *The Relationship Rx: Insights and Practices to Overcome Chronic Fighting and Return to Love*. Colorado: Sounds True.

Tatkin, S. (2017). How Couples Change: a psychobiological approach to couple therapy (PACT). In M. Solomon & D. J. Siegel (Eds.), *How People Change: Relationships and Neuroplasticity in Psychotherapy* (pp. 320). New York, New York: W. W. Norton & Company.

Tatkin, S. (2016). *Wired for Dating: How understanding neurobiology and attachment style can help you find your ideal mate*. Oakland, California: New Harbinger Publications.

Tatkin, S. (2016). *Wired for Dating: How understanding neurobiology and attachment style can help you find your ideal mate*. Oakland, California: New Harbinger Publications.

Tatkin, S. (2014). Psycho-neurobiological clinical challenges in working with disorganized partners in couple therapy: A PACT® perspective. *New Therapist Magazine* (September/October 2014), 10.

Tatkin, S. (2013). Applying a psychobiological approach to the identification and treatment of social-emotional deficits in couple therapy. *Psychotherapy in Australia*, 19(4), 12–22.

Tatkin, S. (2012). *Your Brain on Love: The neurobiology of healthy relationships*. [Audio book.] Louisville, CO: Sounds True.

Tatkin, S. (2012). *Wired for Love: How understanding your partner's brain can help you defuse conflicts and spark intimacy*. Oakland, CA: New Harbinger Publications.

- Tatkin, S. (2011). Ten Commandments for RELATIONSHIP ESSENTIALS. In J. Zeig & T. Kulbatsk (Eds.), *For Couples: Ten Commandments for Every Aspect of Your Relationship Journey*. Phoenix: Milton Erickson Foundation.
- Tatkin, S. (2011). Allergic to Hope: Angry resistant attachment and a one-person psychology within a two-person psychological system. *Psychotherapy in Australia*, 18(1), 66–73.
- Solomon, M., & Tatkin, S. (2010). *Love and War in Intimate Relationships: Connection, disconnection, and mutual regulation in couple therapy*. New York: W. W. Norton.
- Tatkin, S. (2010). Infidelity, affairs, and reparation. *New Therapist Magazine*, 69 (Sept-Oct), 7.
- Tatkin, S. (2009). A psychobiological approach to couple therapy: Integrating attachment and personality theory as interchangeable structural components. *Psychologist-Psychoanalyst: Division 39 of the American Psychological Association*, 29(3), 7-15.
- Tatkin, S. (2009). I want you in the house, just not in my room... unless I ask you: The plight of the avoidantly attached partner in couple therapy. *New Therapist Magazine*, 62(July/August), 10-16.
- Tatkin, S. (2009). Addiction to "alone time": Avoidant attachment, narcissism, and a one-person psychology within a two-person psychological system. *The Therapist*, 57(January-February), 37-45.
- Tatkin, S. (2006). A synopsis of my approach to couple therapy. *The Therapist Magazine*.
- Tatkin, S. (2005). Psychobiological conflict management of marital couples. *Psychologist-Psychoanalyst: Division 39 of the American Psychological Association*, 25(1), 20-22.
- Tatkin, S. (2005, January/February). Marital therapy and the psychobiology of turning toward and turning away, Part 2. *The Therapist*, 16, 64-86.
- Tatkin, S. (2004). A Developmental Psychobiological Approach to Therapy. *Psychologist-Psychoanalyst: Division 39 of the American Psychological Association*, 23(4), 20-22.
- Tatkin, S. (2003). Marital therapy and the psychobiology of turning toward and turning away, Part 1. *The Therapist*, 15, 75-78.

## **PRESENTATIONS**

\*Too many to list here. Available upon request.

## **LICENSES**

September 1988 Marriage and Family Therapy (MFT), CA License # MFC-29303

## **AWARDS**

June 2013 American Association of Marriage and Family Therapists *Teacher of the Year*

## **MEMBERSHIPS**

October 2012 Relationships First (Harville Hendrix & Helen Hunt Thinktank)

September 2012 Board of Directors of Lifespan Learning Institute, LLC