# PACT Training Overview

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. PACT has a reputation for effectively treating the most challenging couples.

PACT focuses on clients' moment-to-moment shifts during the therapy session. Rather than rehashing past conflicts, the PACT therapist learns to create experiences similar to those troubling the relationship and help clients work through them in real time during the session. PACT tends to require fewer sessions than do other forms of couple therapy.

PACT currently offers training in Austin, Berkeley, Boulder, Los Angeles, New York, Santa Fe, and Seattle. Some years, courses are also available internationally.

# About the PACT Level I Training

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

Three 3-day sessions feature a combined didactic and multimedia delivery of information, group discussion, experiential exercises, clinical video presentations, case consultation, and live case enactments. Trainings deepen understanding about all aspects of PACT, including assessment of and interventions for attachment, arousal regulation, and neurological capacity.

Learning objectives for PACT Level I can be found on pages 3-4.

**Level I course includes:**

- Three training modules per year on Fridays, Saturdays, and Sundays
- 54 continuing education (CE) hours*
- Digital copies of the PACT training manuals
- Three live webinars, presented by Dr. Stan Tatkin and 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
- Online quizzes and tutorials to help participants integrate PACT techniques into clinical practice
- Invitation to participate in city consultation groups, where available (separate fee required)

**See page 3 for CE Information.*

**Level I requirements for participants**:

- The training is intended for licensed and pre-licensed marriage and family therapists, professional counselors, social workers, psychologists, and psychiatrists.
- To qualify for attendance in the PACT training, a pre-licensed clinician must (a) be in the final year of graduate school, (b) actively see clients as a supervisee and/or intern, and (c) have a supervisor's approval to attend the training.

**Successful completion of PACT Level I requires:**

- Attendance at all nine meetings
- Participation in course reading, discussions, and role plays
- Participation in online webinars

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**
Register 90 days before the start of training and receive a 10% discount off the registration fee (a savings of $230).

## 2019 Level I Training Schedule

PACT Level I comprises three 3-day modules which take place Fridays through Sundays. Trainings on Fridays take place from 1pm-7:30pm local time. Trainings on Saturdays and Sundays take place from 9am-4:30pm local time.

| Austin | Berkeley | Boulder | Los Angeles | Seattle |
|---|---|---|---|---|
| TBA | February 22-24<br>May 3-5<br>August 16-18 | March 29-31<br>May 31 – June 2<br>August 16-18 | TBA | TBA |

## Locations

| | | | | |
|---|---|---|---|---|
| St. Edward's University<br>3001 South Congress Ave<br>Austin, TX 78704 | Church Divinity School of the Pacific<br>2451 Ridge Road<br>Berkeley, CA 94709 | Best Western Plus Boulder Inn<br>770 28th Street<br>Boulder, CO 80303 | Pepperdine University<br>West LA Graduate Campus<br>6100 Center Drive<br>Los Angeles, California 90045 | Antioch University Seattle<br>2400 3rd Avenue, Suite 200<br>Seattle, WA 98121 |

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## CE Information

You must complete an application for CE hours within 10 days of completing Level I to receive a CE certificate. No partial CE hours will be awarded, and additional CE hours are not available for online webinars, quizzes, and discussion groups.

***CEUs are awarded when all three modules of the course are completed. If your CE renewal occurs midway through training, the first modules should count towards your next renewal. Check with your license board to be sure.***

Level I training is sponsored by the PACT Institute (ACEP #6641, PCE #5551, and SW CPE #0104) for 54 continuing education hours.

**Marriage and Family Therapists, Licensed Professional Clinical Counselors, Licensed Educational Psychologists, Licensed Clinical Social Workers, and Certified Counselors:** The PACT Institute has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6641. Programs that do not qualify for NBCC credit are clearly identified. The PACT Institute is solely responsible for all aspects of the programs.

**New York Social Workers:** PACT Institute SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0104.

**New York LMHCs**: PACT Institute, LLC is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0114.

**Psychologists:** The PACT Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The PACT Institute maintains responsibility for this training and its content.

## Tax Information

The PACT Institute is a LLC. Our LLC number is: 46-3397760
See page 7 for our W-9.

## Level I Course Objectives

**Module 1: In this module, students will learn to:**

1. Distinguish between the three PACT domains
2. Identify the parts of the brain central to social-emotional functioning
3. Identify visual and auditory recognitions for hypo arousal and hyper arousal
4. Explain the principles and demonstrate the skills of arousal regulation assessment
5. Describe the significance of attachment to couple therapy
6. Explain the principles and demonstrate the skills of attachment assessment
7. Describe the secure/insecure continuum
8. Distinguish between top-down and bottom-up interventions
9. Identify and distinguish the three different attachment styles
10. Explain the principles and demonstrate the skills for attachment intervention
11. Explain the principles and demonstrate the skills of arousal regulation intervention
12. Explain the principles and demonstrate the skills of the basic PACT interviewing process
13. Describe the elements of therapeutic frame
14. Explain the principles of therapist self-regulation
15. Demonstrate the use of video equipment in couples work

**Module 2: In this module, students will learn to:**

1. Describe characteristics of disorganized attachment
2. Explain the principles and demonstrate the skills of Toward and Away
3. Explain the principles and purpose of the Partner Attachment Inventory (PAI)
4. Demonstrate the skills for PAI assessment and intervention
5. Explain the principles and demonstrate the skills for management of thirds
6. Explain the principles and demonstrate the skills for beckoning
7. Explain the principles and demonstrate the skills for collaborative narratives
8. Explain the principles and demonstrate the skills for corralling questions
9. Explain the principles and demonstrate the skills for declarations of commitment
10. Explain the principles and demonstrate the skills for bending metal
11. Explain the principles and demonstrate the skills for social contracts
12. Describe the development of the social brain
13. Describe the neuroendocrine system
14. Define allostatic load

**Module 3: In this module, students will learn to:**

1. Explain the principles and demonstrate the skills for intervention with secure and avoidant partners
2. Explain the principles and demonstrate the skills for interventions with angry resistant partners

3. Explain the principles and demonstrate the skills for interventions with disorganized partners
4. Define therapeutic alliance
5. Plot arousal bias and attachment type
6. Explain the principles and demonstrate the skills for high-arousal, low-arousal, and high-low arousal couples
7. Explain the principles and demonstrate the skills for dysregulated couples
8. Integrate the domains of arousal regulation and attachment
9. Explain the principles and purpose of psychodramatic interventions using posing and staging
10. Explain the principles and demonstrate the skills for Lovers' Pose
11. Explain the principles and demonstrate the skills for King and Queen Pose

## Terms of Service and Cancellation Policy for PACT Level I

PACT Level 1 training requires a commitment to attend three 3-day sessions within 12 months. You are financially responsible for the full registration fee of $2300. Please do not join if you believe you cannot fulfill such a commitment.

If more convenient, payments can be made in three installments of $766.67 each. The first payment is due upon registration, the second is due on or before the first class, and the third is due on or before the second class. There will be no payment due at your last class. Payments can be made via check, cash, or PayPal.

If you miss a meeting, you can make it up in a different city within the same calendar year. If you cannot make up a missed day, you remain financially responsible for it.

**Cancellations:**

If you wish to cancel/withdraw from your participation in one of our live or online events, you may do so by notifying the PACT Institute at least 1 month prior to the official start date of the first module, and a full refund minus a 5% processing fee will be given.

If the cancellation is less than a month but at least 1 week before a program, a credit will be issued toward a future event, valid for up to 1 year from the date of issue. If you cancel your registration within 1 week or if you fail to attend a live/online event, no refund will be given.

The PACT Institute reserves the right to cancel or reschedule any live /online event due to instructor illness or circumstances beyond our control. In such cases, you will be notified at least 24 hours prior to the scheduled start time and will receive a full refund. In the event of insufficient registrations for live trainings, notice of cancellation will be provided at least 4 weeks prior to the scheduled start date of the event.

All refunds will be processed within 10 working days of cancellation/rescheduling.

The PACT Institute will not be liable for any penalties or other expenditures incurred due to the cancellation/rescheduling of any of our trainings.

**Proprietary information:**

The training manual, PowerPoint presentations, videos, handouts, and other class materials are considered proprietary information and may not be reproduced or cited by PACT students or alumni.

Students should not share their login information with anyone.

**ADA Compliance:**

In accordance with the American with Disability Act (ADA), please contact our office (323-642-8003) at least 2 weeks before the program if you need special accommodations.

**Grievance Policy:**

The PACT Institute is committed to conducting all activities in conformance with the ethical principles of the APA, NBCC, and NYSED. We comply with all legal and ethical responsibilities to be non-discriminatory in promotional activities, program content, and treatment of program participants. We take full responsibility for the monitoring and assessment of compliance with these standards.

While we assure fair treatment for all participants, we recognize that from time to time issues may require our intervention and/or action. Our guidelines for handling such grievances are as follows:

1. If a participant files a grievance, either orally or in written format, we will respond promptly and in good faith.
2. If the grievance concerns a program offering, program content, level of presentation, or the facilities in which the program was offered, and the participant requests action, we will (a) provide a fee credit toward a future program or (b) provide a partial or full refund of the program fee. Actions 2a and 2b will require a written note, documenting the grievance, for record keeping-- purposes. The note need not be signed by the grieved individual.

**Privacy:**

The PACT Institute will make every reasonable effort to assure your privacy. We will never sell your information. We will not share your personal information except as necessary to comply with the reporting requirements of the various accrediting organizations that enable us to provide CE credit or if required to do so by governmental or law enforcement agencies. We do not retain or store any credit card payment information on our server.

**Disclosure:**

Dr. Tatkin and the PACT Institute have no commercial conflict of interest.

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Form **W-9**
(Rev. October 2018)
Department of the Treasury
Internal Revenue Service

# Request for Taxpayer Identification Number and Certification

▶ Go to *www.irs.gov/FormW9* for instructions and the latest information.

**Give Form to the requester. Do not send to the IRS.**

Print or type. See Specific Instructions on page 3.

1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank.
PACT Institute, LLC

2 Business name/disregarded entity name, if different from above

3 Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only **one** of the following seven boxes.

☐ Individual/sole proprietor or single-member LLC ☐ C Corporation ☐ S Corporation ☐ Partnership ☐ Trust/estate

☑ Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership) ▶ S

**Note:** Check the appropriate box in the line above for the tax classification of the single-member owner. Do not check LLC if the LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC is another LLC that is **not** disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC that is disregarded from the owner should check the appropriate box for the tax classification of its owner.

☐ Other (see instructions) ▶

4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):
Exempt payee code (if any)
Exemption from FATCA reporting code (if any)
*(Applies to accounts maintained outside the U.S.)*

5 Address (number, street, and apt. or suite no.) See instructions.
28632 Roadside Drive, #143

Requester's name and address (optional)

6 City, state, and ZIP code
Agoura Hills, CA 91301

7 List account number(s) here (optional)

## Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN,* later.

**Note:** If the account is in more than one name, see the instructions for line 1. Also see *What Name and Number To Give the Requester* for guidelines on whose number to enter.

**Social security number**
☐☐☐ – ☐☐ – ☐☐☐☐

**or**

**Employer identification number**
4 6 – 3 3 9 7 7 6 0

## Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
3. I am a U.S. citizen or other U.S. person (defined below); and
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

**Certification instructions.** You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.

**Sign Here** **Signature of U.S. person ▶** Tracy Boldemann-Tatkin **Date ▶** 6/26/2019

## General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

**Future developments.** For the latest information about developments related to Form W-9 and its instructions, such as legislation enacted after they were published, go to *www.irs.gov/FormW9.*

## Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following.

- Form 1099-INT (interest earned or paid)
- Form 1099-DIV (dividends, including those from stocks or mutual funds)
- Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
- Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
- Form 1099-S (proceeds from real estate transactions)
- Form 1099-K (merchant card and third party network transactions)
- Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
- Form 1099-C (canceled debt)
- Form 1099-A (acquisition or abandonment of secured property)

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

*If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See* What is backup withholding, *later.*