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# What Every Therapist Ought to Know

Attachment, Arousal Regulation, and  
Clinical Techniques in Couple Therapy

## Session One: Overview of Attachment from a Psychobiological Perspective

1. Introduction to Session One
2. Explaining psychobiology and attachment theory
3. Attachment formation
4. Exploring theories of couple therapy
5. Trauma and brain change
6. Relabeling terms of attachment: islands, anchors, and waves
7. Acting out, arousal regulation, and therapeutic alliances

## Session Two: Overview of Arousal Regulation

8. Introduction to Session Two
9. Understanding anticipatory systems of arousal
10. Tracking arousal and its relationship to affect
11. Posture, gestures, and dysregulation
12. Problems with acceleration and deceleration
13. Arousal, memory, and state of mind
14. Self-regulation: keeping your seat in all weather
15. Observing details of your client

## Session Three: PACT Interview Procedures

16. Introduction to Session Three
17. Forensic skills: being fully present to client details
18. The importance of friendliness and curiosity
19. Making the case for video
20. Cross-dialogic interview practice
21. Exploring the cross-question
22. Matching, cross-interpreting, and going down the middle
23. Leveling the playing field

## Session Four: Therapeutic Stance & Secure Functioning

24. Introduction to Session Four
25. Understanding the therapeutic stance
26. Secure-functioning relationships and shared memory
27. The “couple bubble” and the automatic brain
28. Principles of secure functioning
29. Working to broker win-win situations
30. Exploring the therapeutic frame
31. Bending reality, believing no one
32. Crafting the arc of the session, measuring success

## Session Five: Working with Islands

33. Introduction to Session Five
34. Working with the island, or anxious-avoidant behavior
35. Island culture: auto-regulation and the one-person system
36. Pain, avoidance, and disengagement
37. Differentiating between island traits and personality disorders
38. Establishing therapeutic alliance in the first session
39. Confronting the island

## Session Six: Working with Waves

40. Introduction to Session Six
41. Introducing the wave, or the angry-resistant
42. Understanding wave behavior
43. Activation and abandonment
44. Avoiding the self, focusing on the other
45. Borderline and bipolar disorder
46. Confronting resistance, gaining alliance with waves and islands in partnership
47. Reviewing wave characteristics and adaptations

## Session Seven: Avoiding Common Pitfalls

48. Introduction to Session Seven
49. Investigations, curiosity, and details as informants for interventions
50. Hidden agendas and the psychobiology of the past
51. Understanding your own attachment and other systems
52. Know your medicines, know your instrument
53. Explaining your process and techniques, and being yourself
54. Watch, wait, and wonder about your clients

## Session Eight: Bringing It Home

55. Introduction to Session Eight
56. Vertical and horizontal learning and theory
57. How this work impacts you personally
58. A personal story of couple work
59. Sleuthing the body and mind as a couple therapist

## Session Nine: Recorded Live with StanTatkin, Part One

60. Introduction to Recorded Live Session, Part One
61. Recorded Live with Stan Tatkin, Part One

## Session Ten: Recorded Live with Stan Tatkin, Part Two

62. Introduction to Recorded Live Session, Part Two
63. Recorded Live with Stan Tatkin, Part Two