Mindfulness in Intimate Relationships

Stan Tatkin, Psy.D.
DEVELOPMENTAL PSYCHOBIOLOGICAL APPROACH

Arousal Regulation

Attachment

Therapeutic Enactment

Brain Development
Overview Of Mindfulness

Working with the Very Nature of Feeling and Thought
Process Versus Content

• We Are Addicted to Thinking
• Not Talking for a While Can Be Very Depressing and Anxiety Provoking
History

• **Vipassana = Mindfulness or Insight**
  – Earliest Form
  – Two-part Technology Involving Noticing And Allowing
  – Southeast Asia

• **Mahāyāna Buddhism = Zen**

• **Dalai Lama—the Diamond Way**
  – Vajrayana Buddhism
  – Tibetan Buddhism
Basis For Self-regulation
Autoregulation
- Primitive
  Dorsal Vagal Motor Complex
  One-Person System
  Selfobject

Self-Regulation
- Orbitofrontal
  Ventral Vagal
  One-Person System

Interactive Regulation
- Orbitofrontal
  Ventral Vagal
  Two-Person System
  Whole Object
Autoregulation

• Subcortical
• Absence of Noticing and Allowing
• Internal Fighting Resolved via Acting Out or Dissociation
Self-Regulation

• Notice and Allow
• Commitment to Time/Sitting Still
• Involves Right Orbitofrontal
• Internal Rule: No Fighting
Interactive Regulation

- Notice and Allow
- Commitment to Time/Sitting Still
- Taking Turns
- Internal Rule: No Fighting
Interactive Regulation

Soothe

Stimulate
Right Brain to Right Brain

Close proximity
The Low Road
Notice and Allow

Attention

• Cognitions
• Emotions
• Sensorimotor
  – Five Sense Perception
  – Movement
• Shifting Attention
  – From Insight To Organization Of Experience.

Equanimity

• Relaxing
• Acceptance
• Impermanence

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Insula and Interoception


The insula is a substantial portion of cerebral cortex that forms the floor of a fossa that can be opened up by removing the lips bounding the lateral sulcus and its rami. These lips are known as the frontal, parietal, and temporal opercula. After their excision, the insula appears as a triangular eminence that is marked by a number of sulci and gyri. The so-called circular sulcus surrounds the insula, except inferomedially where the cortex of the insula is continuous at the limen insulae, with the cerebral cortex lateral to the anterior (rostral) perforated substance on the basal aspect of the brain. The insular cortex is indented by a number of sulci, one of which - the central sulcus of the insula - is deeper and more prominent than the rest. The central sulcus of the insula runs in an upwards and backwards direction, almost parallel to the cerebral central sulcus that delimits the frontal lobe from the parietal lobe. In front of the central sulcus of the insula, a few short gyri tend to radiate from the vicinity of the limen insulae. Behind the central sulcus one long gyrus of the insula is present in this specimen, partially divided by a shallow sulcus near its upper and posterior end.
Noticing
Prefrontal cortex and the witness state
Allowing

• Vagus nerve
  – Parasympathetic tone
  – Ventral vagal system
  – Heart rate variability

• Sympathetic like a balloon
Noting or labeling

• Ventral medial prefrontal cortex
• Left hemisphere and Broca's Area
• Insula
• Body sensations
  – Global And Local
  – Shifts And Changes
• Thinking
  – Judging
  – Urges
  – Remembering
Noting or labeling

Noting or labeling

Noting or labeling

Noting or labeling

Benefits

• Intrapersonal Awareness
• Intrapersonal Attunement
• Implicit Encoding Profiles
• Implicit Puzzle Pieces
• Working with pain

• Autobiographical Narrative Coherence
  – Memory Integration
• Promotes curiosity!
• Promotes safety & security
• Promotes competence & confidence
Benefits (2)

• Suffering versus not suffering
  – If it's raining and you don't have an umbrella...
• Learning about death and letting go
• Learning how to work with feelings and thoughts (not “why” but “what”)
• Learning how to shift states
Cortical Thickening


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Regulating The Regulator

• Therapist Self-Care
• Working with the body
  – Constant relaxation
• Training Therapists
Therapist Tracks The Patient

• Helps patient tune in & notice
• Make it easy to be mindful
  – *Give a menu*
  – *Contrasting questions*
Bottom Up
From Implicit to Explicit

Somatosensory to right hemisphere frontolimbic structures.

Callosal crossing to left hemisphere and languaging centers.
Couples

- Sitting
- Lying Down
- Working with Pain
- Nighttime Transitioning
  - Lovingkindess Prayer
  - Naikan
Lovingkindness Prayer

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Right hemisphere and implicit systems
The left hemisphere and Broca's Area
Parietal Lobes: Visual Field Down; Temporal Lobes Visual Field Up

- Parietal lobes
  - Out Of Body Experiences
  - Body Dysmorphic Disorder
  - Mindful Tracking Of Body Sensation

- Temporal lobes
  - Godlike Spiritualists. Says
  - Schizophrenia
  - Trippy Type Experiences
  - Spiritual Awakening
  - Spiritual Epiphany
  - Enlightenment
  - Location Of Language Comprehension -- Wernicky's Area
  - Dopamine Receptors -- Thought Disorder
  - Auditory Commands
  - Auditory Cortex
  - Amygdala
Parietal Lobes: Visual Field Down; Temporal Lobes Visual Field Up (2)

• Sensory motor strip
  – Sensory Portion Borders Parietal Lobe
  – Motor Portion Borders Prefrontal Cortex
  – Motor In The Front, Sensory Perception In The Back

• Prefrontal cortex
  – Broca's Area
Right Hemisphere

- Mindfulness and right brain
- Mindfulness can lead to depression and anxiety
- Resting state is chaotic state
- Noise
Mindfulness And Avoidance

• Moving away from the present moment
  – Avoiding anything having to do with ending
  – Avoiding contact even with oneself
  – Avoiding life
  – Avoiding death
  – Avoiding pain
  – Avoiding awareness
Mindfulness And Angry/Resistance

• Moving away from the present moment
  – Avoiding anything having to do with ending
  – Avoiding contact even with oneself
  – Avoiding life
  – Avoiding death
  – Avoiding pain
  – Avoiding awareness
• Lack of Interaction Leads to Depression/Disorganization
• Poor Autoregulatory Function
• Shifting into interactive mode is immediately relieving
Mindfulness And Unresolved Trauma/Loss

• Moving away from the present moment
  – Bombarding implicit material from right hemisphere
  – Can become more disorganized
  – Benefits from external regulation
  – May quickly space out or fall asleep


Research (2)


SCHEDULE OF WORKSHOPS 2007-2008

The Neurobiology of Girls — JoAnne Deck-PAD
5 PM, Dusk Inn Hotel  This is a great combination of the cutting and relevant material, fascinating engaging and extremely well informed.
Nov 14 — Scott Field Los Angeles  Nov 15 — Cathedral Hill Hotel, San Francisco

Superscheduling: Learning from the Field’s Most Effective Practitioners — Scott Miller, Ph.D.
The workshop is a great idea for all therapists. You will be enlightened and inspired by what Scott has had to say — and enough to make you want to do as a CSW class A great presentation.
Jan 11-12 — Sandhill Los Angeles  Jan 12-13 — Cathedral Hill Hotel, San Francisco

Craigm Tahl on the Paul Gauguin
Mindfulness: Well-Being and The Science of Reflection — Dan Siegel, M.D.
July 14-15, 2008. Email me for more

REGISTRATION

Name: __________________________ Phone: ____________________________________
Address: _________________________ __________________________ Date: __________
City: ___________________________ State: _______ Zip: _______
Date of Birth: ___________ Month: _______ Day: _______ Year: _______
Email: __________________________

EAST TO ATTEND

Ingredient: First Name Last Name Phone Email: Fax: Check in Date: Check out Date: Total Due: 

Register online at www.rcassidy.com

CERTIFICATIONS

This certification program is approved by the California Psychological Association. The California Psychological Association is the regulatory body for psychologists in the state of California. The program meets the criteria for 16 CEUs for psychologists. For more information, visit www.cpa.ca.us.

THE BRAIN, MIND AND BODY IN COUPLES THERAPY

Presenter: STAN TATKIN, PSY. D.

Secure couples
Biphasic couples
Dysregulated couples
Pseudosecure couples
High or low arousal couples

R CASSIDY SEMINARS

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LOVE AND WAR IN INTIMATE RELATIONSHIPS: 
THE BRAIN, MIND AND BODY IN COUPLES THERAPY 

WORKSHOP DESCRIPTION

The attachment drive is a secure base in the neurological and somato-emotional systems and is a prototype of the experience of safety versus anxiety. This result now makes it possible to understand the development of primary attachment relationships as a normal human need. Further, this approach can also be translated into the context of the adult primary attachment relationship. In this workshop, the attachment drive is conceptualized as a psychological and psychological concept that contains all primary and secondary attachment relationships.

Dr. Tatkin will focus on the effects of attachment style on the adult primary attachment relationship. The workshop will include discussions on the development of the attachment drive and on how it is related to the development of the nervous system. The workshop will also include a discussion of the role of the nervous system in the development of the attachment drive.

A NEW PARADIGM FOR COUPLES

- Therapy sessions must be scheduled for no less than two hours with more scheduled for three or even four hours.
- Initially, therapy sessions may need to be scheduled for more than once per week, and even in some instances, three or four times in one week.
- What specifically about attachment theory is useful and helpful to the clinician and to the couple?
- What is normal regulation and why is it so fundamental to success and failure of all dependency relationships?
- What specifically about dysregulated subjectivity can be understood in terms of autonomic nervous system regulation and its role in all relating dependency relationship?
- What parts of the brain are relevant to the successful functioning of all primary attachment relationships and how does that knowledge specifically affect the approach to treatment?
- What are the long-term physical and psychological implications of successful couples treatment and what are the consequences of unsuccessful treatment?
- How does the regular use of video technology work to the advantage of the couples therapy?
- What specific interventions can and cannot be used to promote and facilitate neural development, effective normal regulation, and attachment security?
- What are the goals of treatment and how do you know if you’ve reached them?
- What is a pseudo-secure couple, how do you identify them, and how to work with them?

HOURS / CREDITS / RATES

Check-in: 8:00 — 9:00
Workshop Hours: 9:00 — 4:00

Continuing Education
Credit Hours:
4 C.E. Hours

Crisis Approval:
HPS, Social Workers, Psychologists and Licensed Professional Counselors

Refund Workshop Room:
$35 Standard Registration
$19 Internet Registration
$59 Student Discount

For more information, please call 1-866-992-9399

To Register Call Toll Free 1-866-992-9399

R. Cassidy Seminars

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STAN TATKIN, PSY.D., MFT

Dr. Tatkin, Psy.D., MFT is an associate clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine. He teaches and supervises first-year family medicine residents at Harbor General Hospital, Woodland Hills, and is also an adjunct faculty for the University of Southern California's Graduate School of Social Work.

Dr. Tatkin's research involves the integration of attachment theory into couples therapy and in couples counseling. His book, which explores the psychological approach to couples therapy and its relevance in couples counseling, is a best-seller. He also co-authored a book on the psychological approach to couples therapy and is currently working on a new book entitled "The Depression-Blame Model: How to Overcome Depression and Avoid Blame." His clinical work focuses on couples counseling and depression.

Dr. Tatkin maintains a private practice in Calabasas, California, specializing in couples therapy. He maintains a weekly couples therapy group for medical and mental health professionals (www.stantatkin.com).

DATES AND LOCATIONS

<table>
<thead>
<tr>
<th>CITY</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Los Angeles, CA</td>
<td>Animal Care Center</td>
<td>Friday, Nov. 2, 2007</td>
</tr>
<tr>
<td>Seattle, WA</td>
<td>Pacific Center</td>
<td>Friday, Nov. 30, 2007</td>
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For driving directions please call venue.

Register anytime online: www.rcassidy.com