

## WHAT KINDS OF PROBLEMS DOES PACT HELP?

PACT is designed to help couples with any and all issues for which you might seek professional help from a therapist. It is especially helpful for couples considering marriage and couples seeking to preserve a relationship in danger of divorce or dissolution.

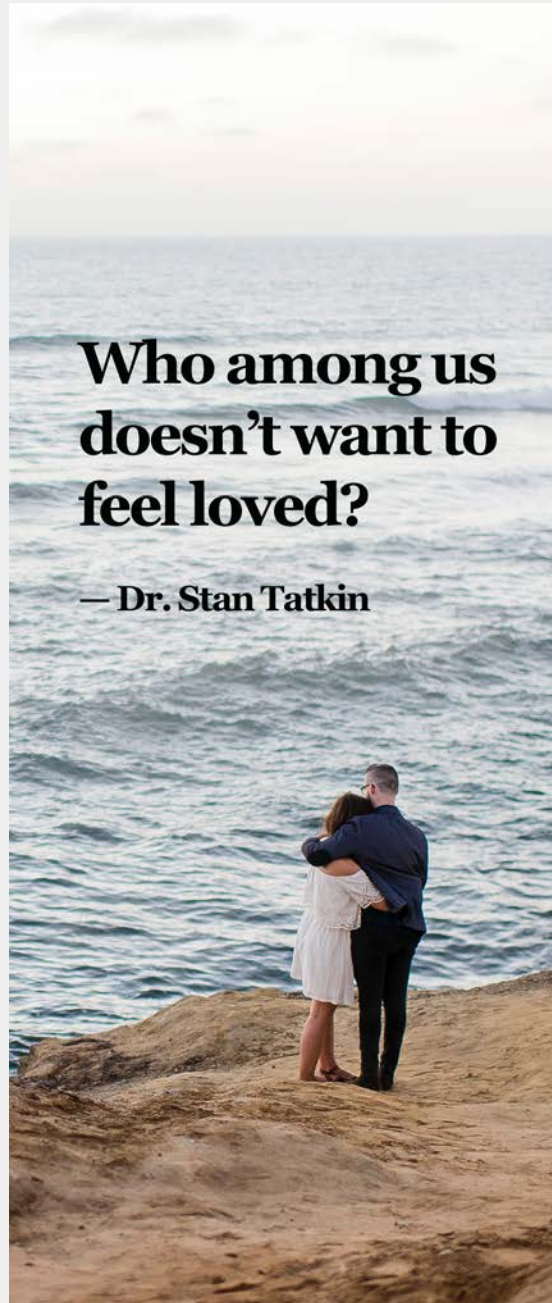
*We both feel that PACT has given us a great tool and insight to help us manage difficulties that will arise in our future relationship together.*

~ PACT client



## Who among us doesn't want to feel loved?

— Dr. Stan Tatkin



## WHAT IS PACT?



A Psychobiological Approach to Couple Therapy® (PACT) was developed by Stan Tatkin, PsyD, MFT—clinician, teacher, and author of *Wired for Love*, *Wired for Dating*, and *Your Brain on Love*. The PACT Institute trains psychotherapists around the world to use this method. Your therapist may apply PACT techniques, integrated with his or her own unique style.

*My husband and I wanted to stay together, but lost track of why and how, and you showed us the way.*

~ PACT client

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## WHAT IS THE BASIS OF PACT?

PACT draws on exciting, cutting-edge research in three areas.

The first is neuroscience, the study of the human brain. Understanding how the brain works provides a physiological basis for understanding how people act and react within relationships. In a nutshell, some areas of your brain are wired to reduce threat and danger and seek security, while others are geared to establish mutuality and loving connection.



The second is attachment theory, which explains the biological need to bond with others. Experiences in early relationships create a blueprint that informs the sense of safety and security you bring to adult relationships. Insecurities that have been carried through life can wreck havoc for a couple if these issues are not resolved.

The third area is the biology of human arousal—meaning the moment-to-moment ability to manage your energy, alertness, and readiness to engage.



## HOW DOES PACT HELP?

It isn't necessary to understand the scientific basis of PACT to realize its benefits. Your therapist has extensive training in PACT principles and techniques, and will guide you to overcome challenges you face as a couple.

Through working with a PACT therapist, you and your partner will discover how to

- stay connected
- help each other feel safe and secure
- manage each other's emotional highs and lows
- fight well
- rekindle your love at any time
- minimize each other's stress and optimize each other's health

## WHAT DOES A PACT SESSION LOOK LIKE?

Your experience during a PACT session may differ somewhat from what you might expect in other forms of couple therapy. For example

- Your therapist will focus on moment-to-moment shifts in your face, body, and voice, and ask you to pay close attention to these in your partner.
- Your therapist will create experiences similar to those troubling your relationship and help you work through them in real time during the session.

PACT tends to require fewer sessions than other forms of couple therapy. PACT sessions often exceed the typical 50-minute hour and may last 3 hours or more. Longer times allow for the more in-depth work of PACT. Your therapist may videotape sessions to provide immediate feedback to you.

