

BIO:

Stan Tatkin, PsyD, MFT, is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). He has a clinical practice in Calabasas, CA, and, with his wife, Dr. Tracey Tatkin, co-founded the PACT Institute for the purpose of training other psychotherapists to use this method in their clinical practice.

In addition, Dr. Tatkin teaches and supervises family medicine residents at Kaiser Permanente, Woodland Hills, CA, and was an assistant clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine. He is on the board of directors of Lifespan Learning Institute and serves as a member on Relationships First Counsel, a nonprofit organization founded by Harville Hendrix and Helen LaKelly Hunt.



Books/CDs by Dr. Tatkin includes:

- *In Each Other's Care: A Guide to the Most Common Relationship Conflicts and How to Work Through Them*, Sounds True Publications
- *Romantic Relationships, Touring and Mental Health: The Music Industry Manual*
- *What Every Therapist Ought to Know: Attachment, Arousal Regulation, and Clinical Techniques in Couple Therapy*, Sounds True audiobook

- ***We Do: Saying Yes to a Relationship of Depth, True Connection, and Enduring Love***, Sounds True
- ***Your Brain on Love: The Neurobiology of Healthy Relationships***, Sounds True audiobook
- ***Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship***, New Harbinger
- ***The Relationship Rx: Insights and Practices to Overcome Chronic Fighting and Return to Love***, Sounds True audiobook
- ***Baby Bomb: A Relationship Survival Guide for New Parents***, with coauthor Kara Hoppe, New Harbinger
- ***Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy***, with coauthor Marion Solomon, W. W. Norton's Interpersonal Neurobiology Series

Dr. Tatkin received his early training in developmental self and object relations (Masterson Institute), Gestalt, psychodrama, and family systems theory. His private practice specialized for some time in treating adolescents and adults with personality disorders. More recently, his interests turned to psycho-neurobiological theories of human relationship and applying principles of early mother-infant attachment to adult romantic relationships.

Dr. Tatkin was a primary inpatient group therapist at the John Bradshaw Center, where among other things, he taught mindfulness to patients and staff. He was trained in Vipassana meditation by Shinzen Young and was an experienced facilitator in Vipassana. He was also trained by David Reynolds in two Japanese forms of psychotherapy, Morita and Naikan. Dr. Tatkin was clinical director of Charter Hospital's intensive outpatient drug and alcohol program and is a former president of the California Association of Marriage and Family Therapists, Ventura County chapter. He is a veteran member of Allan N. Schore's study group. He also trained in the Adult Attachment Interview by way of Mary Main and Erik Hesse's program through UC Berkeley.