
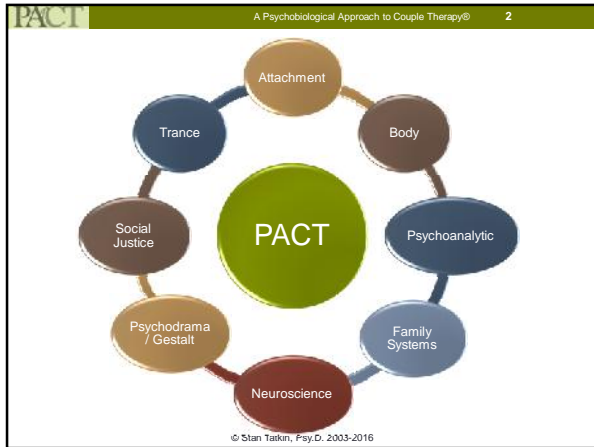


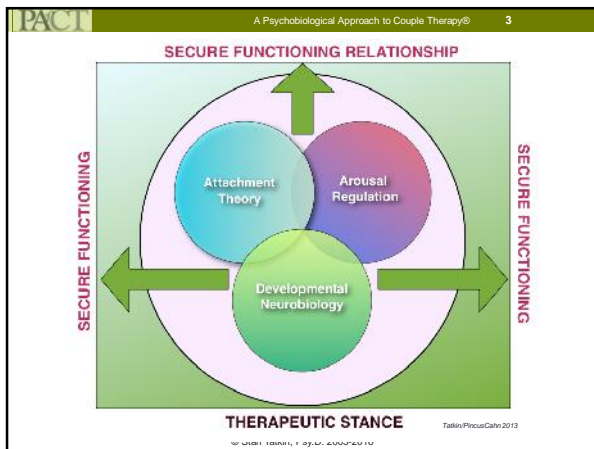
PACT® to Heal the Wounds of Problematic Sexual Behaviors in Relationship

Elaine G. Tuccio, LCSW
Core Faculty
PACT Institute
Los Angeles, CA



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A Secure-Functioning Model of Therapy

Conflict Model	Capacity Model
Social skills	Social-emotional capacity
Content conflicts and power struggles	Psychoneurobiological, developmental, social-emotional skills and deficits
Narrative	Narrative coherence
Top-down processing	Bottom-up processing

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ATTACHMENT


If it's not one thing, it's your mother.

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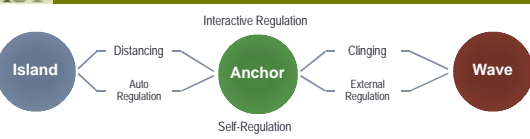
ATTACHMENT TYPES

Secure = Anchor
 Avoidant = Island
 Angry resistant = Wave



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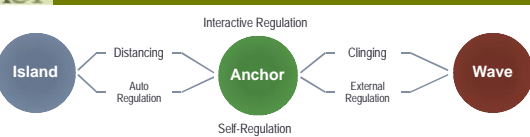
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Regulated parents' self-esteem. Had to perform. Not often held or hugged. Neglected, dismissed. Disengages, distances. Auto-regulates. Addicted to alone time. Plays alone too much. Difficulty shifting from alone to interaction. ("What?")	Parents not need regulation. Child loved for self. Often held and hugged. Much interactive play. Is collaborative. Self-regulates. Doesn't fear engulfment or abandonment. Easy transitions between alone and interaction.	Regulated parents' emotional well-being. Sometimes held. Other times dropped. Clings. Gets preoccupied. Externally regulates. Allergic to hope. Expects to be dropped. Difficulty shifting from interaction to alone.
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Passive-aggressive (cold anger). Fears blame, failure, inadequacy, loss of self. Shame-based. "My complaint is that my partner complains." Wants to just move forward. Dismissive: "The past is the past, get over it."	Effective verbal and nonverbal social skills. May be guilt-based (standards of mutuality, sensitivity, fairness). "We want to work this out together." Collaborative. Engages in mutual repair. Stays well-connected, in real-time.	Negativistic, punishing, critical attacks (hot anger). Fears being too needy, a burden, too much, unlovable, abandoned. "My complaint is that I'm overwhelmed." Can't move on. Preoccupied: "I'm not done with this yet..."
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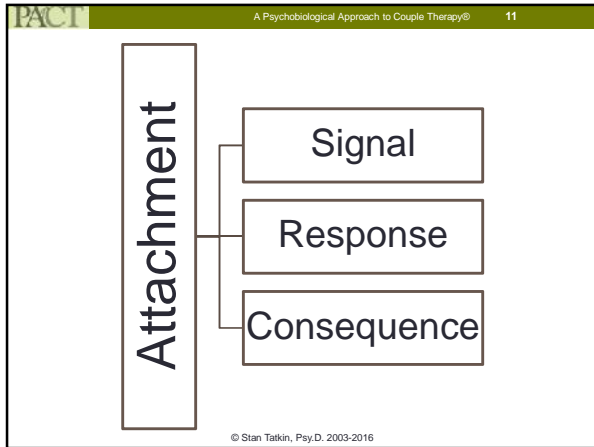
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THERAPEUTIC STANCE

The Overarching Goal

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What Is Secure Functioning?

- Partners put the relationship first
- Partners are collaborative
- Partners are good stewards of their safety and security system
 - No threats to the relationship
 - Mutual protection in private and in public
 - Quick repair of injuries
 - Fully transparent
 - First to know
 - Go-to people
 - Attraction not fear
 - Manage thirds properly

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A Perspective of Change

Change

- Locate pain
- Amplify pain
- Leverage toward secure functioning
- Maintain pressure
- Repetition

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Fun Facts

- Nothing more difficult than another person
- All people are annoying
- No such thing as a low maintenance person up close
- We pair bond by recognition and familiarity
- Therefore partners are more alike than not
- Real time is extremely fast
- We mostly don't know why we do what we do
- What we don't know we make up
- Narratives cannot be trusted
- Things are hardly ever what they seem
- 99% of your day is automatic

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DEVELOPMENTAL NEUROSCIENCE

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<p>Ambassadors</p> <p>High Cortical</p> <ul style="list-style-type: none"> ✓ Relational ✓ Expensive ✓ Slow ✓ Conscious 		<p>Primitives</p> <p>Subcortical</p> <ul style="list-style-type: none"> ✓ Survival ✓ Cheap ✓ Fast ✓ Automatic
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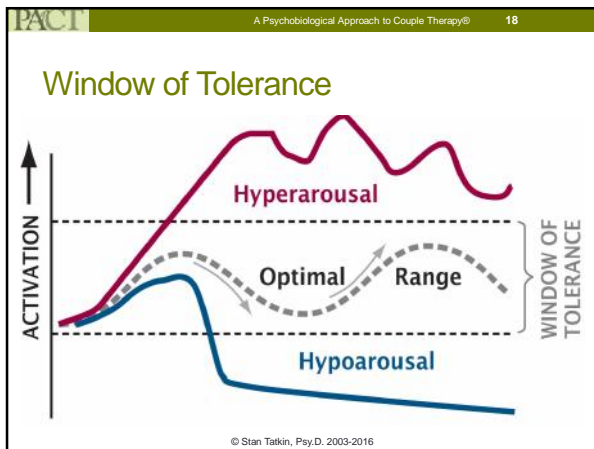
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AROUSAL REGULATION

Preparatory/Anticipatory Systems

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Types of Arousal Regulation

- Autoregulation
- External regulation
- Interactive regulation
- Self-regulation

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AUTOREGULATION



- Energy Conserving
- Self-Stimulating/Self-Soothing
- Usually Non-Interactive
- Selfobject or Part Object Relating

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EXTERNAL REGULATION



- Infancy
- Interpersonal but not interactive
- One-Way

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INTERACTIVE REGULATION



- Orbitofrontal
- Ventral Vagal
- Two-Person System
- Face-To-Face

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SELF-REGULATION



- Inhibitory/Limiting
- Orbitofrontal
- Ventral Vagal
- Social Engagement

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Therapist Self-Regulation

- External regulator
- Can and should allow partners to dysregulate one another
- Should never be the cause of dysregulation
- Titrates arousal (tension-relaxation)

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SECURE FUNCTIONING

DOES NOT REQUIRE PARTNERS BE SECURE!

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THERAPEUTIC INTERVENTIONS

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In Each Other's Care

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PACT BASIC SKILL SET

Assessment, Intervention, Regulation

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Crossing versus Direct

- Cross-tracking
- Cross-questioning
- Cross-commenting
- Going down the middle
- Leveling the playing field

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Cross-Track

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Cross-Question

"What's going on with him right now?"

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Cross-Comment (interpret)

"He's doing that because..."

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Go Down the Middle

"Neither of you act particularly loving. Why is that?"


Level the playing field

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VIDEO

Cross-tracking, cross-questioning, cross-commenting, going down the middle

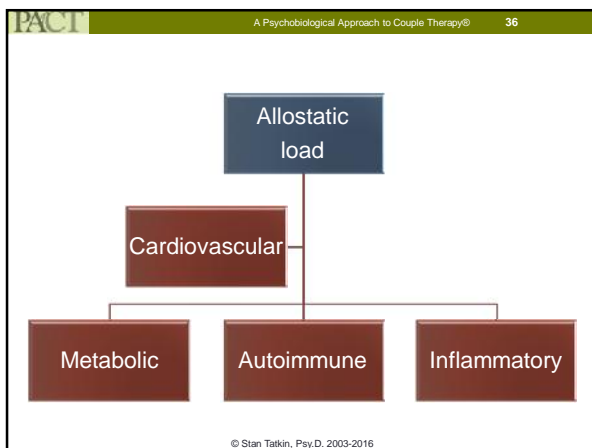


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The real purpose of secure functioning is to reduce allostatic load

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Conclusion

- Approaching therapy through the PACT three domains: developmental neuroscience, attachment, and arousal theory levels the playing field
- PACT is a bottom-up approach that is based on capacities. It is the *show me* couple therapy
- PACT provides couples a way out of self-destructive patterns of behavior and emotions
- In PACT we normalize deficits and remediate defenses, which reduces the acting out of early developmental traumas
- We believe that in a secure functioning relationship partners do not need to be securely attached

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THANK YOU!

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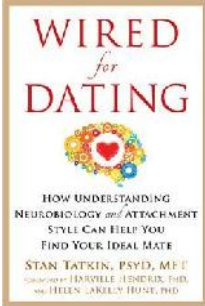
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Available Now

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