Dr. Stan Tatkin and Dr. Diane Poole Heller...

Reading Facial Expressions: Detecting Emotional Responses in Relationships

Trauma Solutions
THERAPY MASTERMIND CIRCLE

Welcome

- This meeting is being recorded—and the recording will be sent out within 24 hours. Watch your email inbox for a link.
- Once we start, all audience members will be muted, and cameras will be turned off.
- Once we start, chat will be disabled.
- There will be a 30-minute Q&A at the end, where Dr. Tatkin and Diane will answer as many of your questions as possible. *If you have questions or comments, please type them in the "Q&A Box" at the bottom of your screen.*
- If you're having technical problems, please reach out to hello@dianepooleheller.com for help.

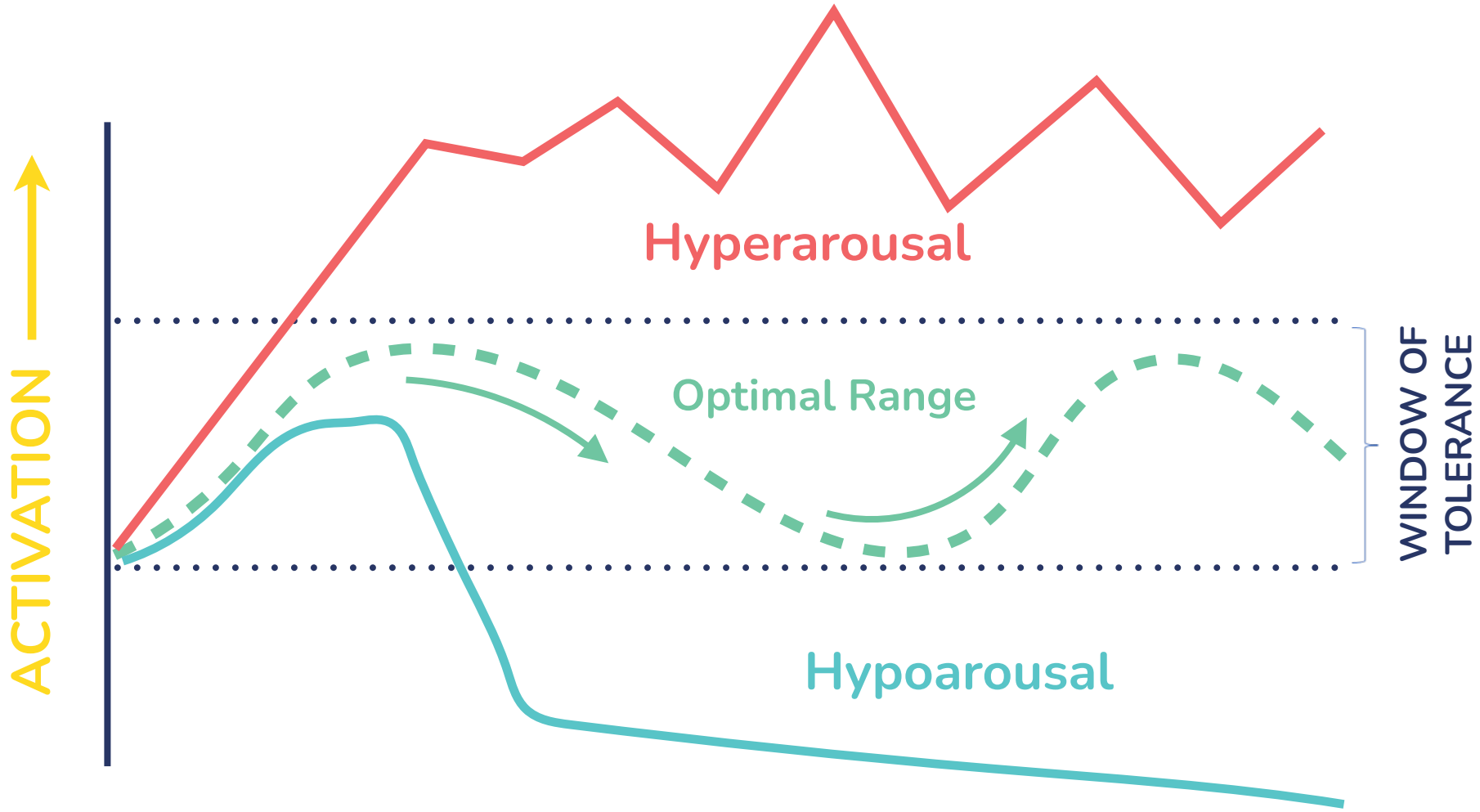
Stan Tatkin, PsyD, MFT

- Clinical, researcher, teacher and developer of the Psychological Approach to Couple Therapy® (PACT).
- Clinical practice in Calabasas, CA—founded the PACT Institute with his wife, Dr. Tracey Tatkin
- Assistant Clinical Professor Department of Family Medicine (UCLA, David Geffen School of Medicine)
- Bestselling author of 7 books, including his most recent book ***In Each Other's Care***

Dr. Diane Poole Heller

- Internationally recognized speaker, author and teaching expert in the field of adult attachment theory and trauma resolution.
- **“We are all born with an amazing capacity to heal.”** —*The Power of Attachment*
- Signature approach—**DARe**—provides therapists and individuals with relevant skills and practical exercises that facilitate healing from attachment and trauma wounds.

Window of Tolerance



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Porges' View of the ANS

The Metaphor of Safety

Environment (outside and inside the body)

Nervous System

- Optimal arousal level
- Rest and digest
- Parasympathetic ventral vagal system
- "Social Engagement System"
- Eye contact, facial expression, vocalization

SAFETY

- Hyperarousal
- Increased Heart Rate
- Sympathetic System
- Mobilization—"fight-flight"
- Dissociated rage, panic

DANGER

- Hypoarousal
- Decreased Heart Rate
- Parasympathetic dorsal vagal system
- Immobilization—"freeze"
- Dissociated collapse

LIFE THREAT

Wheatley-Crosbie, adapted from Porges, 2006

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Regulation Strategies

- Auto
- External
- Interactive
- Self

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Autoregulation

- Pro-self
- Simple form of self-stimulation and self-soothing
- No other person necessary
- Others can be used as self-objects, *appearing interactive*
- Interpersonal stress is reduced or eliminated
- Can be dissociative
- Anxious avoidant partners overuse
- *Examples*: electronic devices, alone time, exercise, substance abuse

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External Regulation

- Can be pro-self and pro-relational
- Being regulated by another (vice versa)
- Looks interactive, but lacks mutuality and simultaneity
- Early caregivers are external regulators
- Therapists often function as external regulators
- External person needed
- Anxious ambivalent partners overuse
- *Examples:* venting, over-focus on partner (codependency)

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Interactive Regulation

- Pro-social, pro-relational
- Face-to-face, eye-to-eye, skin-to-skin
- Foundation f micro-attunement and present during infancy
- In adulthood, requires self-regulation under stress conditions
- Highly intersubjective and mutually managed
- Verbal and nonverbal
- Used to manage positive and negative emotional states
- *Examples:* repair, friendly gazing, smiling, attuned touch

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Self-Regulation

- Pro-social and pro-self
- Inhibitory and limiting (e.g., impulse control, frustration, tolerance, emotion regulation, how and wait)
- Developmentally follows interactive regulation
- Adults expected to self-regulate
- Requires functioning prefrontal cortex and vagal braking system
- Frontal lobes exert inhibitory influence on subcortical structures (e.g., amygdala)
- Assumes good functioning of PNS
- *Examples:* self-calming during stressful interaction, out-breath, prosody, friendly eye contact

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Arousal Regulation

- Assessment

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Arousal Regulation

- **Assess each partner's…**
  - ✓ Primary arousal strategy
  - ✓ Ability to stay at an optimal arousal level
  - ✓ Arousal variability
  - ✓ Ability to recover (from hyper- or hypoarousal)
- **Be aware of your own body** to assess shifts of arousal

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Arousal “Tells”

- **SKILL set (visual and auditory recognition of arousal**
  - ✓ Skin/muscle tone color cues
  - ✓ Facial expression cues
  - ✓ Movement cues
  - ✓ Breathing cues
  - ✓ Eye cues
  - ✓ Posture cues
  - ✓ Gesture cues
  - ✓ Vocal cues
  - ✓ Speech pattern cues

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Skin and Muscle Cues

Arousal Going Up

- Tensed muscles
- Clenched fists
- Curling of toes
- Cooling skin
- Flushed skin

Arousal Going Down

- Striated muscles loosen
- Digits relax
- Warming skin
- Pale skin

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Facial Cues

Arousal Going Up

- Increased muscle movement and contraction
- Tightening around mouth, cheeks
- Jutting/clenched jaw

Arousal Going Down

- Decreased muscle movement and tone
- Mouth and cheek pads remain still
- Droopy expression

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Eye Cues

Arousal Going Up

- Dilated pupils
- Glaring of eyes

Arousal Going Down

- Constricted pupils
- Dimming of eyes

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Breathing Cues

Arousal Going Up

- Rapid breath rate
- Breathing from chest

Arousal Going Down

- Slow breath rate
- Breathing from diaphragm

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Posture Cues

Arousal Going Up

- Straightening of posture
- Lengthening of neck
- Raising of chin
- Increased limb movement

Arousal Going Down

- Slumping of posture
- Head down
- Elbows resting on knees
- Body tilting to left or right

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Gestural Cues

Arousal Going Up

- Increased gestures
- Faster movements
- Bird-like jerky head movements
- Holding stomach (dyspepsia)

Arousal Going Down

- Fewer gestures
- Slower movements
- Holding stomach (nausea)
- Holding head (headache, ringing ears)
- Wiping spittle from mouth

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Vocal Cues

Arousal Going Up

- Loud
- Shrill, booming
- Fast
- Staccato
- High pitch
- Pleading sound

Arousal Going Down

- Monotone
- Muffled
- Inaudible
- Slow
- Low pitch
- Resignation sound

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Affect Regulation

- Assessment

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Affect Rides the Waves of Arousal

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AROUSAL vs AFFECT

- Affect regulation development follows arousal regulation development
- Primary affects are *first*, but not all come online at the same time (e.g., sadness, disgust around age 3)
- Affect starts out as the *binary distinction* between pain and pleasure
- Primary affects develop into *blended* affects
- People can hide affect cues, but *not* arousal cues

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Arousal and Affect

Arousal Going Up

- Anger
- Surprise
- Fear
- Happiness
- Disgust

Arousal Going Down

- Sadness

Unknown

- Contempt ??

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Reading Faces

Ekman's Facial Action Coding System (2002)

- Happiness
- Sadness
- Anger
- Fear
- Surprise
- Disgust
- Contempt

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Reading Faces

- Happiness
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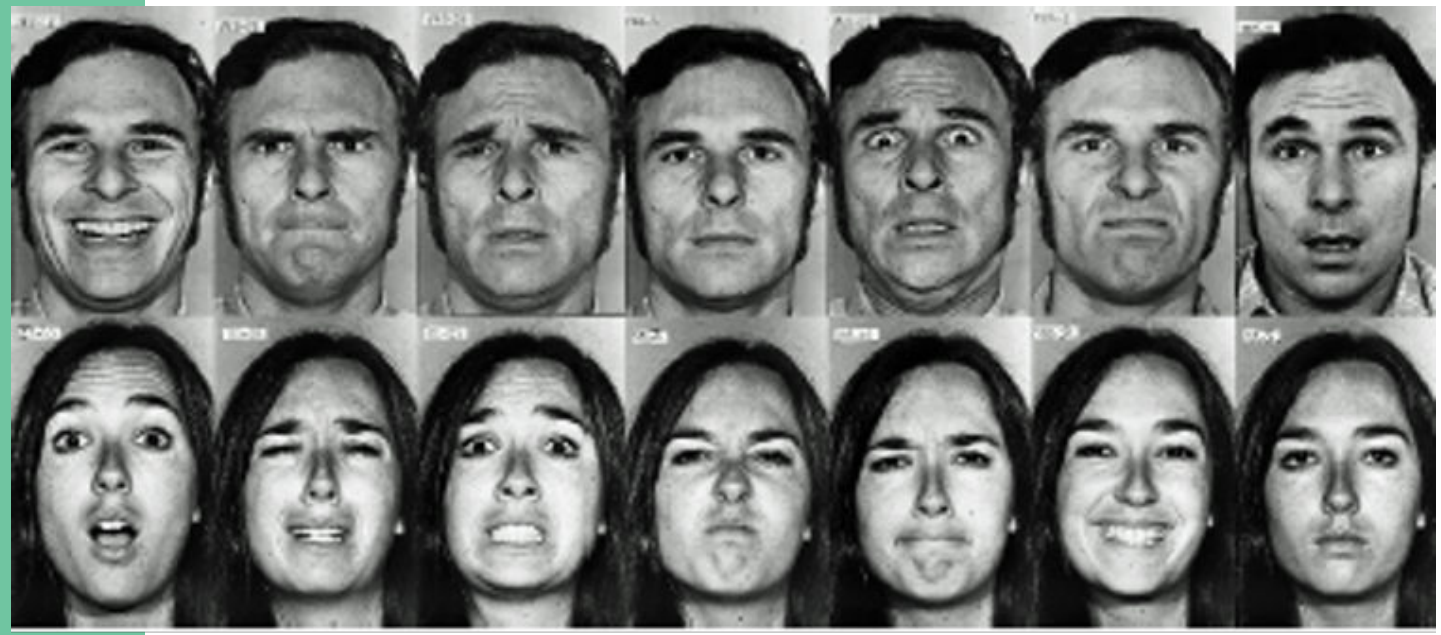

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Micro Expression Trainer

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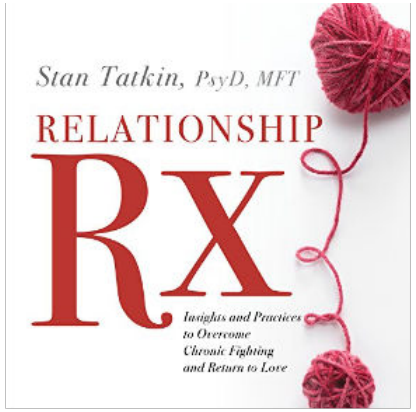

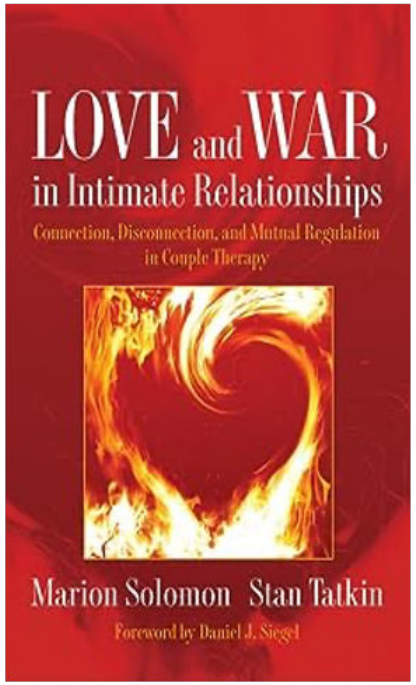

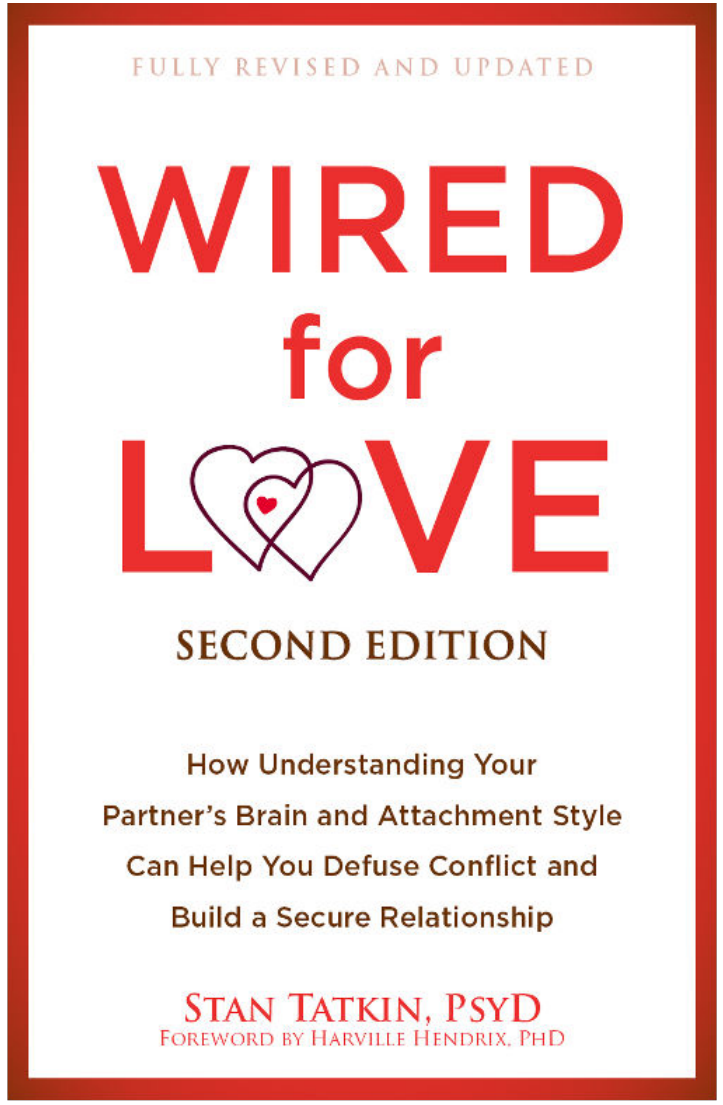

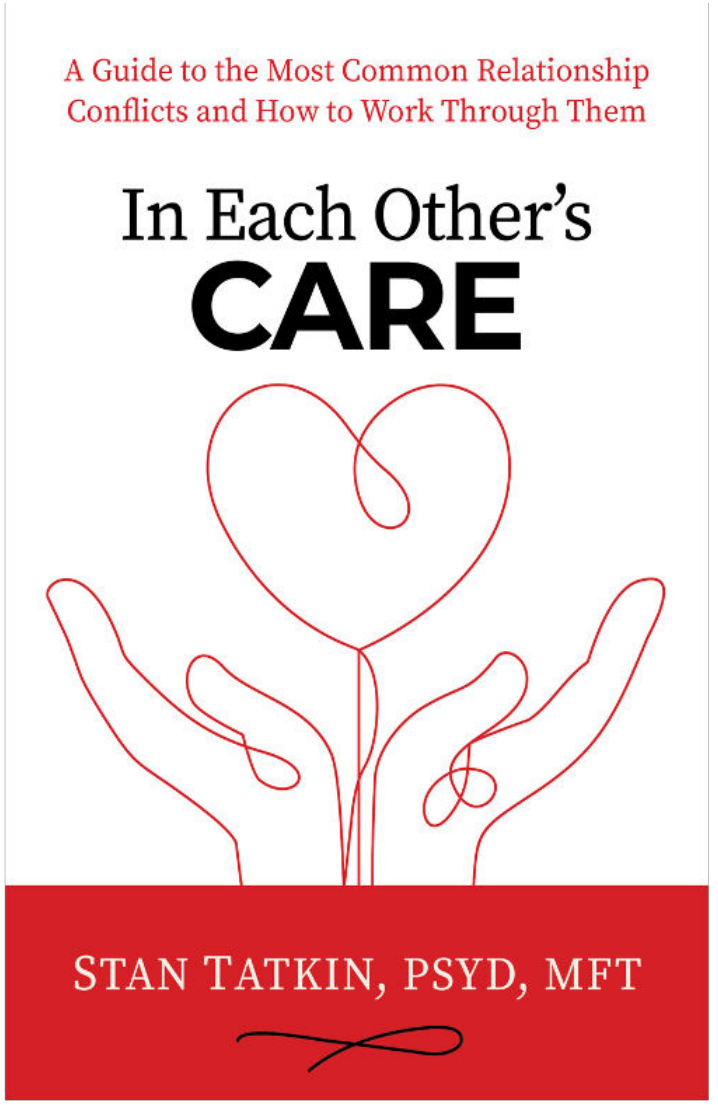

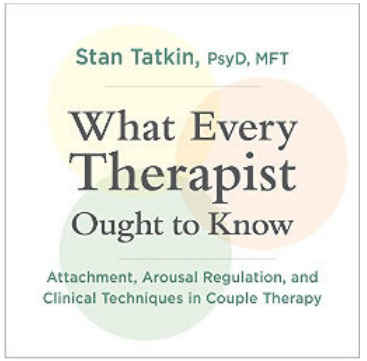

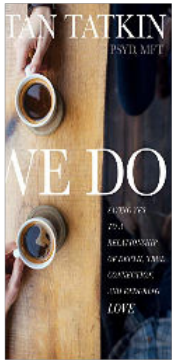

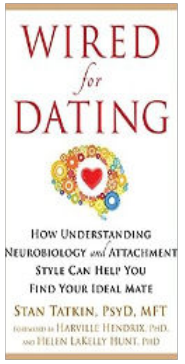

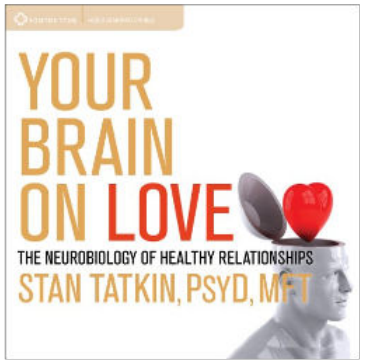

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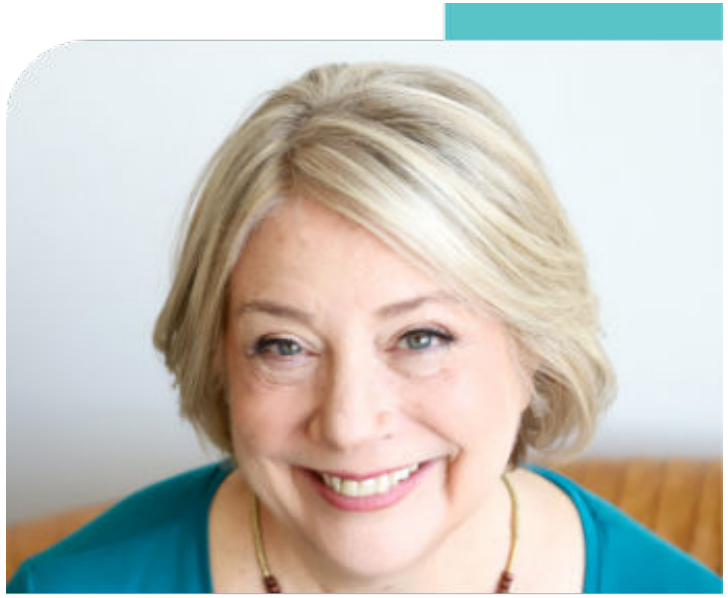
Up Next?



Enrollment is NOW OPEN!

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with Dr. Stan Tatkin and
Dr. Diane Poole Heller

Discover a practical and dynamic approach that equips clients with powerful skills to break repetitive patterns and establish a two-person system built on collaboration and mutual support.

Our first session starts on November 7, 2023

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Includes **LIVE teaching**, tools, strategies, interventions, and exercises—**PLUS** detailed walkthroughs of recorded process work demos with course participants.

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December: **Safety & Security**

January: **The Mismanagement of Thirds**

February: **Parenting**

March: **Money & Transparency**

April: **Intimacy & Sex**

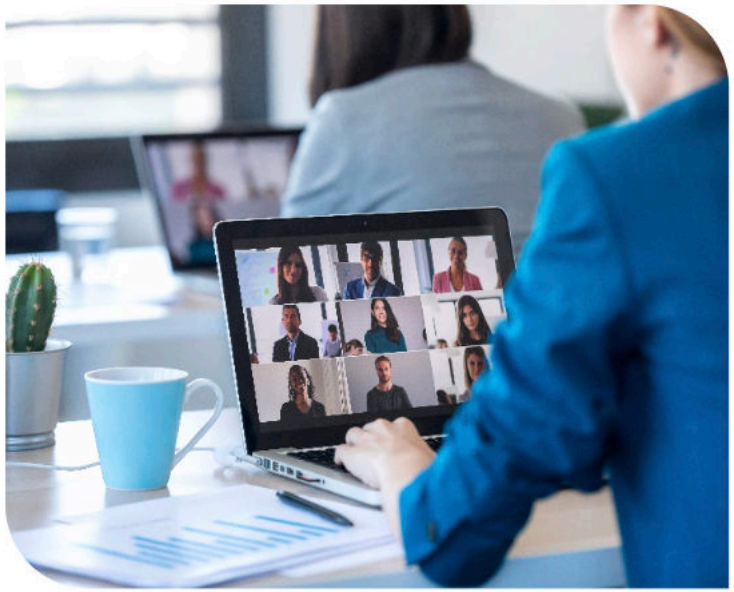
All LIVE monthly sessions meet online for 2 hours on Tuesdays

Improve your clinical skills to treat even the most challenging couples...

- **Teach your clients how to reduce threat, rebuild trust and establish "ground rules"**—so they can move forward together with a shared vision and purpose.
- **See how to address recurring challenging interactions in the safe space of therapy**, so both partners learn and *practice new ways* of communicating, co-regulating and collaborating.
- Gain a better understanding of how neurobiology shapes how people act (and react) with relationships, so you can r**ecognize and calm dysregulated threat responses to promote emotional regulation for you and your clients.**
- Learn how to track moment-by-moment shifts in emotional arousal to **heighten your attunement**, enabling a deeper understanding and **more effective response to your clients' needs.**
- By understanding how past experiences and insecure attachments shape our actions, you'll learn how to **guide couples away from negative cycles toward secure functioning and repair.**
- Gain new skills and learn how to integrate practical, hands-on tools with your current methods during clinical sessions with clients. **Work more effectively and confidently with even the most complex cases.**

Here's everything you'll get in...

From Me to We:
Secure Functioning in Adult Relationships



6 LIVE 2-hour Interactive Training Sessions (+Q&A) with Dr. Stan Tatkin

Each monthly online sessions includes ***live teaching*, process work demos with volunteer class participants** (including in-depth walkthroughs and review of skills and techniques), **experiential exercises, and time for Q&A.**

Join us live or watch and download the recording at your convenience if you cannot make the scheduled time.

Here's everything you'll get in...

From Me to We:
Secure Functioning in Adult Relationships

"Process Work Lab" Demos + Debriefs

Using r***ecorded demos with volunteer course participants***, Dr. Tatkin will show you how to facilitate interventions with clients to address challenges and integrate this approach with existing modalities during therapeutic sessions.

The ***detailed debriefs*** will walk you through techniques, tools, skills and psychodramatic interventions that help you apply the work to your personal and professional life.

Here's everything you'll get in...

From Me to We:
Secure Functioning in Adult Relationships

Network with colleagues, ask questions and get support in our course portal.

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Every live training will be recorded. The replays will be available in video, audio, and written format, so you'll be able to access content 24/7/365.

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+Approved for 12 CE Credit Hours

If you're a licensed clinical professional counselor or licensed social worker and you need CE credits, the LIVE online sessions for this training have been approved for **12 CE Credits.**

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Enroll Now!

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Our first LIVE session begins on November 7

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