

Couples Biofeedback Training using Alive Pioneer.

Alive Pioneer enables couples to train together with both partners being measured simultaneously in Alive. By using physiological synchronization as feedback they can improve co-regulation and therapeutic efficacy.

By Tural Ozel, PhD-ScD

Interpersonal Biofeedback Training with Couples

When used in psychotherapy, biofeedback training aims at increasing patients' awareness of their bodily states and the body-mind connection. This awareness, along with biofeedback training, allows patients to learn to improve their self-regulation skills. Generally, the role of the therapist is to assist the client to achieve these goals by teaching him several techniques and finding those that best contribute to a more balanced and flexible autonomic nervous system, allowing efficient functioning in the face of varying internal and external environmental stimuli.

The focus in such an intervention is on the psychological state of the client and on his physiology. In this article we would like to present a few ways where biofeedback is used in the context of a relationship, using examples from couples therapy and discuss how extending the traditional role of biofeedback opens new possibilities in therapy.

Couples therapy many times elicits very extreme emotional reactions. For a therapist observing the interaction, it is often very clear how partners react to each other's emotions and behaviors but for the partners themselves those patterns may not be conscious. Since many patterns of behaviors are related to deeply automatic reactions dependent on past histories of the partners, it can take a lot of time and effort to help them change those rigid behaviors.

John Bowlby, an anthropologist and psychoanalyst recognized that human children thrive in the context of consistent and caring adults. He developed the concepts of attachment schema, proximity seeking and a secure base. Bowlby (1988) believed attachment schema to be summations of thousands of experiences with caretakers that become unconscious reflexive predictions of the behaviors of others. These schema become activated in subsequent relationships and lead us to either seek or avoid proximity. They also determine whether we can use relationships to maintain physiological homeostasis and regulate our emotions. These implicit memory schema are automatically activated before we are even conscious of the people with whom we are about to interact. When an individual feels threatened, distressed or challenged he may unconsciously recruit his defensive behaviors (Simpson & Rholes, 2015).

In their work on emotional contagion, Levenson and Gottman (1982) proposed that when the autonomic nervous system (ANS) physiology of two people shows "linkage" (i.e., one person's patterns of activation across the ANS measures mirror those of another person), there is emotional involvement.

When using dyadic or interpersonal biofeedback to monitor interactions between partners powerful insights may contribute to a successful therapeutic process.

Biofeedback Strategies For Interpersonal Relationships

Daniela Niemeyer



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