

# Approaches to Couples Training

T. F. Collura, Ph.D.

BrainMaster Technologies, Inc.

# Sum-channel Training

## 2 channels

- Training Channel 1 = Acquired Channel 1 + Acquired Channel 2
- $TC1 = AC1 + AC2$
- Training Channel 2 = Acquired Channel 1 – Acquired Channel 2
- $TC2 = AC1 - AC2$

# Sum-channel training

## 2 channels

- Channel 1 becomes the “SUM”
- Train up to encourage synchrony
- Channel 2 becomes the “DIFFERENCE”
- Same as a bipolar hookup
- Train down to encourage synchrony

# Sum-channel training

## 4 channels - split

- $TC1 = AC1 + AC2$
- $TC2 = AC1 - AC2$
- $TC3 = AC3 + AC4$
- $TC4 = AC3 - AC4$

# Sum-channel training

## 4 channels - split

- Channel 1 becomes person 1 “SUM”
- Channel 2 becomes person 1 “DIFFERENCE”
- Channel 3 becomes person 2 “SUM”
- Channel 4 becomes person 2 “DIFFERENCE”

# Sum-channel training

## 4 channels - combine

- $TC1 = AC1 + AC2 + AC3 + AC4$
- $TC2 = AC1 - AC2$
- $TC3 = (AC1 + AC2) - (AC3 + AC4)$
- $TC4 = AC3 - AC4$