

Welcome to

*Gottman Method Couples Therapy  
Level 1 - Bridging the Couple Chasm*



In this seminar you will learn what our research shows about relationships and how you can apply these findings in assessment and intervention for couples. As a result of your attendance at this workshop, you will be able to:

- Understand how to think about what makes relationships work well and what makes them fail using our Sound Relationship House Theory;
- Use the theory to accurately identify the specific problems and strengths in the dynamics of a couple's relationship with the assessment tools provided;
- Determine the most beneficial points in the couples' interaction where intervention will be most effective; and,
- Begin to apply this new, research-based couple therapy to the broad spectrum of problems you encounter in your daily practice

At the end of this workshop you will be able to:

1. Summarize the research that allows us to predict future relationship stability.
2. Describe the seven levels of the Sound Relationship House theory.
3. Conduct a couple's therapy assessment using elements of the couple's narrative, the Oral History Interview, written questionnaires, observations of conflict and individual interviews.
4. Describe two interventions to help strength a couple's conflict management.
5. Describe two interventions to enhance a couple's friendship system.
6. Describe two interventions to explore a couple's system of shared meaning.
7. Explain why physiological self-soothing is essential for a healthy relationship.
8. Create a therapeutic contract with a couple, discuss and decide on goals and include a summary of the couples strengths and areas that need improvement.
9. Describe the Philosophy of Therapy including assumptions, overview of techniques, and goals of therapy
10. Describe the Rapoport Intervention and when to use it.
11. Describe the process of therapy, including the structure of a session.

Today, with heterosexual USA divorce rates approaching 67%, with same-sex couples working to have long-lasting, committed relationships, and the problem of relapse in all couple therapies, clinicians and couples are facing severe challenges. We think that clinicians need very specific tools to help people build a basis for a lasting relationship, as well as knowledge to determine when a relationship is over. A scientifically sound therapy can help to do both. This course was developed to provide you with a practical therapy that you can begin to use immediately as part of your practice.

We appreciate your taking time to join us.

Cordially,

John & Julie Gottman