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1. WHO WE ARE

Co-founded by Drs. John and Julie Gottman in 1996, The Gottman Institute is an internationally-renowned organization dedicated to combining wisdom from research and practice to support and strengthen marriages and relationships by offering workshops and resources for couples, families, and professionals.

Our mission is to reach out to families in order to help create and maintain greater love and health in relationships. We are committed to an ongoing program of research that increases the understanding of relationships and adds to the development of therapeutic techniques and interventions that have been carefully evaluated. Learn more at gottman.com.

2. THE GOTTMAN METHOD

The Gottman Method is based upon Dr. John Gottman’s four decades of research with thousands of couples. Drs. John and Julie Gottman have shown how couples can accomplish long-term relationship satisfaction by paying attention to what they call The Sound Relationship House (left), or the nine components of healthy relationships. Click here to read more.

Combining knowledge and wisdom from research and clinical practice, the Gottman Method uses a practical approach to help couples break through barriers to achieve greater understanding, connection, and intimacy in their relationships.

40 years of research 200 published academic articles 3K couples studied 55K clinicians trained

...and millions of relationships helped around the world.
**3. THE RESEARCH**

The Four Horsemen (criticism, contempt, defensiveness, and stonewalling) predict early divorcing

5.6 YEARS AFTER THE WEDDING

(Shapiro, A.F., and Gottman, J.M. 2005)

Emotional withdrawal, the absence of positive affect during conflict discussions (shared humor, affection, empathy) predict later divorcing

16.2 YEARS AFTER THE WEDDING

(Shapiro, A.F., and Gottman, J.M. 2005)

Dr. Gottman is able to predict with over 90% ACCURACY which couples will divorce and which will stay together.

(Shapiro, A.F., and Gottman, J.M. 2005)

Dr. Gottman reports that stable marriages have a 5:1 ratio of positivity to negativity during conflict, whereas in unstable marriages the ratio is 0.8:1.

(Gottman, J.M. and Levenson, R. 1999)

Stonewalling occurs when the listener enters Diffuse Physiological Arousal (DPA) and their heart rate exceeds 100 BPM.

(Gottman, J.M. 1994)

85% of stonewallers in heterosexual relationships are men.

(Gottman, J.M. 1994)

Dr. Gottman has completed 12 longitudinal studies with over 3,000 couples. The longest couples were followed for 20 YEARS.

(Gottman, J.M. 1994)

Dr. Gottman has been able to predict which couples will divorce and which will stay together with over 90% ACCURACY.

(Shapiro, A.F., and Gottman, J.M. 2005)

80% of the time, women bring up issues in heterosexual relationships.

(Gottman, J.M. 1994)

67% of new parents experience a precipitous drop in couple satisfaction in the first three years of the baby’s life.

(Shapiro, A.F., and Gottman, J.M. 2005)

Sources:


4. DRS. JOHN AND JULIE GOTTMAN

John Gottman, Ph.D.

World-renowned for his work on marital stability and divorce prediction, Dr. John Gottman has conducted 40 years of breakthrough research with thousands of couples. He is the author of over 200 published academic articles and author or co-author of more than 40 books, including *The New York Times* bestseller *The Seven Principles for Making Marriage Work*. Dr. Gottman’s media appearances include Good Morning America, Today, CBS Morning News, and Oprah, as well articles in *The New York Times*, Redbook, Glamour, Woman’s Day, People, Self, and Psychology Today.

Julie Gottman, Ph.D.

Julie is the Co-Founder and President of The Gottman Institute. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the co-creator of the immensely popular The Art and Science of Love weekend workshop for couples and she also co-designed the national clinical training program in Gottman Method Couples Therapy.

Drs. John and Julie Gottman are sought internationally by the media for interviews and by organizations around the world for keynote presentations, clinical training workshops, and panel discussions. Our highly trained and experienced team of Certified Gottman Therapists and Master Trainers are also available for media interviews and speaking engagements. For media or speaker inquiries, please contact Katie Reynolds at the information listed below.

5. KEY MEDIA CONTACTS

For Media/PR Inquiries:
Katie Reynolds,  
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E: speakers@gottman.com  
P: (888) 523-9042 ext. 111

For Marketing Inquiries:
Michael Fulwiler,  
*Marketing Director*  
E: connect@gottman.com  
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6. MEDIA APPEARANCES

We have included a selection of articles below for your education and enjoyment. Click on an article title to start reading!

"Love Lab Predicts Marital Outcome"

"Masters of Love"

"Dr. John Gottman on Communication Between Men and Women"

"These 4 Things Kill Relationships"

"You Know in Your Gut if Your Marriage Will Be a Happy One, Study Suggests"

John Gottman comes to this endeavor with the best of qualifications: he’s got the spirit of a scientist and the soul of a romantic.

- Newsweek

Gottman comes to this endeavor with the best of qualifications: he’s got the spirit of a scientist and the soul of a romantic.

- Newsweek

John Gottman’s cutting-edge science and wide-ranging wisdom about relationships astounds and inspires.

- Dr. Sue Johnsnon, author of Hold Me Tight

John Gottman has decoded the subtle secrets that can either enrich or destroy the quality of our ties with each other.

- Daniel D. Wile, Ph.D., author of After the Fight
7. WORKSHOPS AND TRAININGS

Workshops for Couples:

The Art and Science of Love
Designed to strengthen relationships through engaging presentations and experiential activities. Produces positive results for 86% of those who attend based on exit surveys.

The Art and Science of Love 2
This two-day program is for couples who have previously attended The Art and Science of Love workshop or who have had practice with the material in The Art and Science of Love home DVD workshop.

Gottman Method Couples Therapy Clinical Trainings:

For mental health professionals, The Gottman Institute provides three levels of training in Gottman Method Couples Therapy. Licensed clinicians can then apply to the Certification Track. Completion of all levels of training leads to certification as a Certified Gottman Therapist.

The foundation of Gottman Method Couples Therapy is Dr. John Gottman's four decades of research with over 3,000 couples, which has identified the communication patterns and conflict management dynamics that characterize enduring intimate relationships. Click here to learn more.

Additional Speciality Training Programs for Professionals:

Gottman Seven Principles Leader Training
Based upon Dr. John Gottman’s New York Times bestselling book, this course gives leaders the skills to teach classes and small groups for couples in their community.

Couples and Addiction Recovery
A Gottman training for therapists, counselors, and professionals who work with couples struggling with addiction as well as couples in recovery.

Bringing Baby Home Educator Training
This newly redesigned, research-based course teaches educators how to help pregnant and parenting couples prepare for the transition to parenthood.

Treating Affairs and Trauma
A new 3-day Gottman training for treating couples where one or more co-morbid conditions are present along with relationship distress.
Is Dr. Gottman really able to predict whether a couple will get divorced with 94% accuracy?

Dr. Gottman has completed seven longitudinal studies that explored what predicts divorce. On average, he was able to predict with over 90% accuracy which couples divorced and which stayed together. The often referenced 94% refers to his 1992 study in particular, in which he was able to predict divorce with 93.6% accuracy.

What makes Dr. Gottman such an “expert” regarding marriage and divorce?

For the past 40 years, Dr. John Gottman, now a professor at Emeritus at the University of Washington, has studied more than 3,000 couples in research and 4,000 more couples in intervention and treatment research. In addition, he and his wife, Dr. Julie Gottman, have worked with approximately 8,000 couples in workshop and therapy settings.

If you had to summarize Dr. Gottman’s 40 years of research into two key findings, what would they be?

Happily married couples:
- Behave like good friends and handle their conflicts in gentle, positive ways.
- Are able to repair negative interactions during an argument, and they are able to process negative emotions fully.

OK, so what is the point of all this research?

Research enables us to see patterns, which, in turn, allows us to help couples and repair relationships.

Is the “Love Lab” still open? Can my partner and I go there and be part of a study?

No. Couples interested in evaluating their relationship can find a Gottman Certified Therapist using the Gottman Referral Network or have their therapist sign them up to take the Gottman Relationship Checkup.

If we learned that we were in the category of having a high probability of divorce, does that mean there’s no hope? Should we break up now, even if our relationship seems good to us?

No. The most important discovery to come from Dr. Gottman’s research is which behaviors and problems predict divorce, and from that we are able to identify what couples need to do differently to protect and strengthen their relationship.

Are there any gender differences between men and women when it comes to physiological arousal?

Our studies have found that men tend to react with more signs of physiological stress than do women during disagreements, and therefore, men are more likely to withdraw.

What are the negative behavior patterns that can predict divorce?

Destructive behaviors left unchecked, specifically The Four Horsemen: criticism, contempt, defensiveness, and stonewalling.

*For more FAQ, visit our Research FAQ page here!
9. SOCIAL MEDIA

@gottmaninstitute
For news and updates, media appearances, published articles, event announcements, and more.

@gottmaninst
For words that we live by, quotes that reflect our values, photos of our workshops and events, and more.

@gottmaninstitute
For our favorite quotes, products we love, links to our latest blog postings, date ideas, and more.

@gottmaninst
For giveaways, event coverage, twitter parties, daily relationship reminders and advice, and more.