Gottman Method Couples Therapy
Level 1
Bridging the Couple Chasm

OUTLINE

DAY ONE

THE RESEARCH:
*What Makes Relationships Succeed or Fail?*
- What is different about Gottman Method Couples Therapy?
- What is dysfunctional about relationships when they are ailing?
- The “Masters” and the “Disasters” of relationships: Exploding some common myths
- Negative and positive sentiment overrides
- Friendship, Intimacy, Positive Affect Systems
- The Shared Meaning System
- From a checklist to The Sound Relationship House Theory

HOW TO ASSESS A RELATIONSHIP:
*Using The Sound Relationship House Theory to assess a relationship’s strengths and areas that need improvement.*

THE ASSESSMENT SESSIONS:
- **Session 1—Office Disclosure and Office Policy Reviewed, How Therapy Works, Assessing the Couple Together:**
  - Couple’s narrative
  - Oral History Interview: Relationship history and philosophy
  - Videotape a 10-minute conflict interaction and physiology (pulse oximeter)
  - Discuss the Shared Meaning System
  - Ending Session 1: Preparing couple for individual sessions—No secrets
  - Assessment: Written questionnaires
- **Session 2—Individual Sessions**
- **Session 3—The Therapeutic Contract: Discussing and Deciding about Goals. Summary of Strengths and Areas that Need Improvement.**

FILM:
*Assessment*

QUESTION AND ANSWER SESSION
DAY TWO

INTRODUCTION TO INTERVENTION:
The Philosophy of the Therapy
- Assumptions of the therapy
- Overview of the therapy
- Goals of the therapy

CONFLICT MANAGEMENT
- Rapoport Intervention and film
- Ending the Four Horsemen and Dealing with Flooding film
- Dreams-Within-Conflict and film
- Building the Basic Skills (Softened Startup, Accepting Influence, Repair and De-escalation, Physiological Soothing, Compromise)
- Aftermath of a Fight and film

QUESTION AND ANSWER SESSION

BUILDING FRIENDSHIP AND SHARED MEANING
- Build Love Maps and film
- Turn Towards: The Stress-Reducing Conversation and film
- Build Rituals of Connection and film
- Creating Shared Meaning and film

PROCESS OF THE THERAPY

SUMMARY

WHAT'S NEXT: ADDITIONAL TRAINING

QUESTION AND ANSWER SESSION