

# 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**