

VITA

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Date of Birth: April 26, 1942

Educational History:

B.S. Mathematics-Physics (Magna cum Laude), Fairleigh Dickinson University, 1962

M.S. Mathematics-Psychology, Massachusetts Institute of Technology, 1964

M.A. Clinical Psychology-Mathematics, University of Wisconsin, 1967

Ph.D. Clinical Psychology, University of Wisconsin, 1971

Title of Thesis: Time-series analysis in psychology and education, and a methodology for action research (Richard M. McFall, supervisor)

Honor Society: Sigma Xi

Professional History:

1959-1960 Instructor, Fairleigh Dickinson University, Mathematics Department
1960 Research Assistant, Department of Physics, Fairleigh Dickinson University
1962 Researcher, School of Engineering, Fairleigh Dickinson University
1963-1964 Instructor, Extension Math Dept., University of California, Berkeley
1964 Teaching Assistant, Dept. of Mathematics, Massachusetts Institute of Technology
1964-1965 Computer Programmer and Mathematician, Lawrence Radiation Laboratory, Berkeley
1966-1967 Teaching Assistant, University of Wisconsin
1969-1971 Program Evaluation and Research Design, Wisconsin Dept. of Public Instruction
1971 Visiting Lecturer, Dept. of Curriculum and Instruction, University of Wisconsin
1971-1972 Post-doctoral Fellow, University of Colorado Medical School
1972-1974 Assistant Professor, Indiana University
1974-1976 Associate Professor, Indiana University
1976-1981 Associate Professor, University of Illinois
1981-1986 Professor of Psychology, University of Illinois
1986-2002 Professor of Psychology, University of Washington, Seattle
1996-Present Co-Founder, The Gottman Institute, Seattle
2002-Present Emeritus Professor of Psychology, University of Washington, Seattle
2002-Present Executive Director, Relationship Research Institute, Seattle

Professional Societies:

American Association for Marriage and Family Therapy
American Psychological Association
American Psychological Society
National Council of Family Relations
Society for Research in Child Development

Society for Psychophysiological Research
International Society for Research on Emotion
International Society for the Study of Personal Relationships
International Academy of Family Psychology

Honors and Awards:

Bergenfield Ladies Auxiliary Scholarship, 1958
Dickinson Partial Tuition Scholarship, 1958-1962
American Chemical Rubber Company Award in Physics, 1961
Honorable Mention National Science Foundation Fellowship, 1962
Woodrow Wilson Fellowship, 1962-63
National Institute of Mental Health Training Fellowship, 1962
Faculty Study in a Second Discipline Award (Mathematics), 1978-79
NIMH Research Scientist Development Award (Mathematics), 1978-79
NIMH Research Scientist Development Award, 1979-84
Recipient of Distinguished Scientist Award from International Society for the Study of Personal Relationships, 1989
Recipient of Distinguished Scientist Award from the American Association of Marriage and Family Therapists, 1989
NIMH Research Scientist Award, 1990-1995
NIMH Merit Award (designed to extend research in time), 1993-1998
Recipient of Distinguished Scientist Award from the American Family Therapy Association, 1994
Recipient of Distinguished Scientist Award from State of Washington Association of Marriage and Family Therapists, 1994;
Recipient of the Burgess Award for Distinguished Contributions to Family Research from the National Council on Family Relations, 1995;
NIMH Research Scientist Award, 1995-2000;
Elected Fellow of the American Psychological Association, and Chairman of Research for Division 43, Family Psychology, 1995;
Appointed U.S. Representative of the International Academy of Family Psychology, 1995;
Recipient of the Presidential Citation Award, American Psychological Association, Division of Family Psychology, for Outstanding Lifetime Research Contribution, 1995.
Recipient of the James W. Mifflin Professorship, University of Washington, 1996.
Recipient of the 1999 "Best Relationships Book" from Books for a Better Life, for "The Seven Principles for Making Marriage Work."
Recipient of award for Contribution to the Field of Psychology, from the California Psychological Association, to be awarded at the 2001 CPA Convention in Costa Mesa, Ca.
Smart Marriages Association Impact Award, 2002
Fellow and Life Diplomate, American Psychotherapy Association, 2001
Washington State Psychological Association Distinguished Psychologist Award, 2002

Grants Awarded:

The Maintenance of Close Dyadic Relationships, NIMH
Marital Discord, Parenting and Child Outcomes, NIMH
Emotional Communication in Distressed Marriages, NIMH
Friendship Formation Among Children, NIMH
Research Development Award, NIMH
Research Training in Family Processes and Psychopathology, NIMH

Aging and Effective Marital Functioning, NIMH
Research Scientist Award, NIMH
MERIT Award for extension of Marital Discord Grant, NIMH
Longitudinal Predictions of Marital Dissolution, NIMH
The Entry Behavior and Emotion Regulation Abilities of Developmentally
Delayed Preschool Children, NIMH
Basic Research in Changing Marital Relationships, NIMH

Current Research Grant Activity:

Creating Healthy Relationships Project, evaluating an intervention for couples experiencing conflict, funded by the Administration for Children and Family and by the Kirlin Foundation.

Editorial Duties:

Past Editorial Boards:

Child Development; Journal of Personality and Social Psychology; Journal of Family Psychology, Topics in Family Psychology and Counseling.

Occasional Reviewer:

Journal of Consulting and Clinical Psychology; Psychological Bulletin; Developmental Psychology; Journal of Abnormal Child Psychology; Behavior Therapy; Journal of Marriage and the Family; SRCD Monographs.

Professional Journal Publications:

- Gottman, J.M., McFall, R.M., & Barnett, (1969). Marital interaction and parenting, *Psychological Bulletin*, 72, 299-306;
- Gottman, J.M., McFall, R.M. & Barnett, (1976). Design and analysis of research using time-series, *Psychological Bulletin*, 72, 299-306 (Selected in 1976 by the Journal of the American Statistical Association for inclusion in a volume of best methodological papers of the decade; also selected by the American Educational Research Association for inclusion in its volume, Experimental Design and Interpretation;
- Gottman, J.M., McFall, R.M., (1972). Self-monitoring effects in a program for potential high-school drop-outs; a time-series analysis, *Journal of Consulting and Clinical Psychology*, 39, 273-281;
- Asher, S.R., and Gottman, J.M., (1973). Sex of teacher and student reading achievement, *Journal of Educational Psychology*, 65, 168-171;
- Gottman, J.M., (1973). N-of-one and N-of-two research in psychotherapy, *Psychological Bulletin*, 80, 93-105;
- Gottman, J.M., Gonso, J., and Rasmussen, B., (1975). Social interaction, social competence and friendship in children, *Child Development*, 46, 706-718;
- Gottman, J.M., Notarius, C., Markman, H., Bank, S., Yoppi, B., and Rubin, M.E., (1976). Behavior exchange theory and marital decision making, *Journal of Personality and Social Psychology*, 34, 14-23;
- Gottman, J.M., Gonso, J., & Schuler, P., (1976). Teaching social skills to isolated children, *Journal of Abnormal Child Psychology*, 4, 179-197;
- Glass, C., Gottman, J., & Shmurak, S., (1976). Response acquisition and cognitive self-statement modification approaches to dating skills training, *Journal of Counseling Psychology*, 23, 520-526;
- Asher, S., Oden, S., & Gottman, J., (1977). *Children's friendships in school settings*. In L.G. Katz

- (Ed.), *Current Topics in Early Childhood Education*, Vol. 1, Hillsdale, NJ, McGraw Hill;
- Gottman, J., (1977). The effects of a modeling film on social isolation in preschool children: a methodological investigation, *Journal of Abnormal Child Psychology*, 5, 69-78;
- Gottman, J., (1977). Toward a definition of social isolation in children, *Child Development*, 48, 513-517;
- Gottman, J., Markman, J., & Notarius, C., (1977). The topography of marital conflict: a sequential analysis of verbal and nonverbal behavior, *Journal of Marriage and the Family*, 39, 461-477;
- Schwartz, R., & Gottman, J., (1978). Toward a task analysis of assertive behavior, *Journal of Consulting and Clinical Psychology*, 44, 910-920. Reprinted in G.C. Davison and M.M. Neale, *Contemporary Readings in Psychopathology*, N.Y.: Wiley;
- Gottman, J.M., (1978). *Non-sequential data analysis techniques in observational research*. In Carl Haywood and Gene Sackett (Eds.), *Observing Behavior*, Vol. 2, Data Collection and Analysis Methods, Baltimore, MD, University Park Press;
- Gottman, J.M. & Markman, H., (1978). *Experimental designs in psychotherapy research*. In S. Garfield & A. Bergin (Eds.), *Handbook of Psychotherapy and Behavior Change*, second edition. New York: John Wiley & Sons;
- Gottman, J.M. & Glass, G., (1978). *Time-series analysis of interrupted time-series experiments*. In T. Kratochwill (Ed.), *Strategies to Evaluate Change in Single Subject Research*, NY: Academic Press;
- Gottman, J.M. & Notarius, C., (1978). *Sequential analysis of observational data using Markov chains*. In T. Kratochwill (Ed.), *Strategies to Evaluate Change in Single Subject Research*, NY, Academic Press;
- Levenson, R.W., & Gottman, J.M., (1978). Toward the assessment of social competence, *Journal of Consulting and Clinical Psychology*, 46, 453-462;
- Gottman, J., (1979). Detecting cyclicity in social interaction, *Psychological Bulletin*, 86, 338-348;
- Gottman, J., (1979). *Time-series of continuous data in dyads*. In M. Lamb, S. Soumi, G. Stephenson (Eds.), *Methodological Problems in the Study of Social Interaction*, Madison: University of Wisconsin Press;
- Gottman, J., & Bakeman, R., (1979). *The sequential analysis of observational data*. In M. Lamb, S. Soumi, G. Stephenson (Eds.), *Methodological Problems in the Study of Social Interaction*. Madison: University of Wisconsin Press;
- Parke, R.D., Power, T.G., & Gottman, J.M., (1979). *Conceptualizing and quantifying influence patterns in the family triad*. In M. Lamb, S. Soumi, & G. Stephenson (Eds.), *Methodological problems in the Study of Social Interaction*. Madison: University of Wisconsin Press;
- Gottman, J.M., (1980). The consistency of nonverbal affect and affect reciprocity in marital interaction. *Journal of Consulting and Clinical Psychology*, 48, 711-717;
- Gottman, J.M., (1980). Analyzing for sequential connection and assessing inter-observer reliability for the sequential analysis of observational data. *Behavioral Assessment*, 2, 361-368;
- Gottman, J., Parkhurst, J., (1980). *The development of friendship and acquaintanceship processes*. In A. Collins (Ed.), *Minnesota Symposia on Child Psychology*, Vol. 13, Norwood, NJ, Lawrence Erlbaum;
- Putallaz, M., & Gottman, J., (1980). *Conceptualizing social competence in children*. In P. Karoly & J.J. Steffan (Eds.), *Advances in Child Behavior Analysis and Therapy*, Vol. 2, NY: Gardner Press, Inc.;
- Mettetal, G., & Gottman, J., (1980). *Reciprocity and dominance in marital interaction*. In J. Vincent (Ed.) *Advances in Family Intervention, Assessment and Theory*. Greenwich CT, JAI Press;
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- Gottman, J.M., & Ringland, J., (1981). The analysis of dominance and bi-directionality in social development, *Child Development*, 52, 393-412;
- Putallaz, M., & Gottman, J., (1981). *A theory of group acceptance*. In S. Asher and J. Gottman (Eds.), *The Development of Children's Friendships*. NY: Cambridge University press;
- Putallaz, M., & Gottman, J., (1981). An interactional model of children's entry into peer groups, *Child Development*, 52, 986-994;
- Gottman, J.M., Rose, F.T., & Mettetal, G. (1982). *Time series analysis of social interaction data*. In T. Field & A. Fogel (Eds.), *Emotion and Interactions*. Hillsdale, NJ: L. Erlbaum;
- Gottman, J., (1982). Temporal form: toward a new language for describing relationships, *Journal of Marriage and the Family*, 44, 943-962;
- Gottman, J., (1982). Emotional responsiveness in marital conversations, *Journal of Communication*, 32, 108-120;
- Putallaz, M., & Gottman, J., (1982). *Conceptualizing social competence in children*. In P. Karoly & J.J. Steffan (Eds.), *Improving Children's Competence: Advances in Child Behavioral Analysis and Therapy*. Lexington, Mass: D.C. Heath & Co.;
- Kruse, J.A., & Gottman, J.M., (1982). Time-series methodology in the study of sexual hormonal and behavioral cycles, *Archives of Sexual Behavior*, 11, 405-415;
- Krokoff, L.J., & Gottman, J.M., (1982). *The structural model of marital interaction*. In H.H. Blumberg & P. Hare (Eds.), *Small Groups*, Sussex, England: John Wiley & Sons;
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- Gottman, J. (1983). How Children Become Friends, *Monographs of the Society for Research in Child Development*, Serial #201, 48(2);
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- Gottman, J.M., & Levenson, R.W., (1985). A valid procedure for obtaining self-report of affect in marital interaction, *Journal of Consulting and Clinical Psychology*, 53, 151-160;
- Gottman, J., (1986). *The world of coordinated play: same and cross-sex friendship in young children*. In J. Gottman and J. Parker (Eds.), *Conversations of Friends*. New York: Cambridge University press;
- Gottman, J., (1986). *The observation of social process*. In J. Gottman and J. Parker (Eds.), *Conversations of Friends*, NY: Cambridge University Press;
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- Ginsberg, D. and Gottman, J., (1986). *Conversations of college roommates*. In J. Gottman and J. Parker (Eds.), *Conversations of Friends*. NY: Cambridge University Press;
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- Krokoff, L.J., Gottman, J.M., & Haas, S.D., (1989). Validation of rapid couples interaction scoring system, *Behavioral Assessment*, 11, 65-79;
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- Griffin, W., & Gottman, J., (1990). *Statistical analysis of family interaction patterns*. In G.R. Patterson (Ed), *New Directions in Family Research: Depression and Aggression*. Hillsdale, NJ., L. Erlbaum;
- Gottman, J.M., (1990). *Finding the laws of close personal relationships*. In I. Sigel (Ed.), *Research Programs from a Personal perspective*, Hillsdale, NJ: Lawrence Erlbaum;
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- Gottman, J.M., (1990). *Time-series analysis applied to physiological data*. In J.T. Cacioppo and L.G. Tassinary (Eds.), *Principles of Psychophysiology: Physical, Social and Inferential Elements*, pp. 754-774. NY, Cambridge University Press;
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- Gottman, J.M., (1990). Prospectus on family research, *Journal of Family Research*;
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- Gottman, J.M., (1991). Finding the roots of children's problems with other children, *Journal of Social and Personal Relationships*, 8, 441-448;
- Katz, L., and Gottman, J., (1991). *Marital discord and peer interaction: a social psychophysiological approach*. In K. Dodge and J. Garber (Eds.), *Emotion Regulation in Young Children*, Cambridge Press, UK;
- Katz, L.F., and Gottman, J., (1991). *Marital discord and child outcomes: A social*

- psychophysiological approach*. In J. Garber and K. Dodge (Eds.), *The development of emotion regulation and dysregulation*. Cambridge studies in social and emotional development, p. 129-155, NY: Cambridge University Press;
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- Buehlman, K., Gottman, J.M., & Katz, L., (1992). How a couple views their past predicts their future: predicting divorce from an oral history interview, *Journal of Family Psychology*, 5(3-4), 295-318;
- Gottman, J.M., and Rushe, R., (1993). The analysis of change: issues, fallacies and new ideas, *Journal of Consulting and Clinical Psychology*, 61(6), 907-910;
- Gottman, J.M., (1993). The roles of conflict engagement, escalation or avoidance in marital interaction: a longitudinal view of five types of couples. *Journal of Consulting & Clinical Psychology*, 61(1), 6-15;
- Gottman, J.M., (1993). A theory of marital dissolution and stability, *Journal of Family Psychology*, 7(1), 57-75;
- Rushe, R.H., & Gottman, J.M., (1993). *Essentials in the design and analysis of time-series experiments*. In G. Keren and C. Lewis (Eds.), *Methodological and Quantitative Issues in the Analysis of Psychological Data*, Hillsdale, NJ: Erlbaum, Ch. 16, 493-528;
- Katz, L.F., & Gottman, J.M., (1993). Patterns of marital conflict predict children's internalizing and externalizing behaviors. *Developmental Psychology*, 29(6), 940-950;
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- Cordova, J.V., Jacobson, N.S., Gottman, J.M., Rushe, R. and Cox, G., (1993). Negative Reciprocity and Communication in Couples with a Violent Husband; *Journal of Abnormal Psychology*, 102(4), 559-564;
- Gottman, J.M., (1993). *Studying emotion in social interaction*. In M. Lewis and J.M. Haviland (Eds.), *Handbook of Emotions*, pp. 475-487;
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- Gottman, J.M., and Carrere, S., (1994). *Why can't men and women get along? Developmental roots and marital inequities*. In D.J. Canary and L. Stafford (Eds.), *Communication and Relational Maintenance*, Academic Press, Ch. 10, 203-229;
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- marital therapy, 256-293;
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- Kahen, V., Katz, L.F., and Gottman, J.M., (1994). Linkages between parent-child interaction and conversations of friends, *Social Development*, 3(3), 238-254;
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- Katz, L.F., and Gottman, J.M., (1995). *Marital Interaction and Child Outcomes: A longitudinal study of mediating and moderating processes*. In D. Cicchetti and S. Toth (Eds.), *Emotion, Cognition and Representation*, Ch. 9, 301-342, New York: University of Rochester Press;
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