

## Resume of

### **JULIE SCHWARTZ GOTTMAN**

#### **EDUCATION**

**Graduate:** California School of Professional Psychology  
San Diego, California  
M.A., June 1981  
Ph.D., November 1985  
Major in Clinical Psychology  
APA approved program

Northeastern University Graduate School of Education  
Boston, Massachusetts  
M.Ed., June 1976  
Major in Community Mental Health Counseling

**Undergraduate:** Colorado College  
Colorado Springs, Colorado  
B.A., January 1974  
Major in Psychology

ACM Program of the Arts  
London, England and Florence, Italy  
Completed June 1971  
Major in Art History

#### **EMPLOYMENT – CLINICAL AND EXECUTIVE WORK**

**1994 – Present**    **The Gottman Institute, Seattle, Washington**  
**Co-Founder, President, CEO (1999-2001) and Clinical Director**  
**(1994-2001)**

Created and established the Institute and its affiliated Relationship Clinic, whose treatment methods are based on 40 years of Dr. John Gottman's and my empirical and theoretical work on couples' relationships. Have designed and conducted couples workshops for over 15 years. Have created and taught an international certification program in Gottman Method Couples' Therapy throughout the U.S., Canada, and Europe, and in Australia, South Korea and Turkey. Also created and have directed a nation-wide "clinic-without walls" for private couples' therapy. This work has been featured by various media, including Reader's Digest, Elle and Redbook magazines, numerous national TV news programs, radio talk shows, and others.

**2002 – Present      The Relationship Research Institute, Seattle, Washington  
Clinical Director**

Created and established a program to train family-life educators to lead research-based workshops for couples on the transition to parenthood. Also designed and directed research study entitled "Couples Together Against Violence," a couples' group method to treat domestic violence. Currently serve as clinical consultant for all new research program designs.

**2003-2006            Loving Couples Loving Children, Inc., Seattle, Washington  
Co-Founder, Designer and Clinical Director**

Created and clinically directed a national program for treating couples in poverty using a couples' group method. This program was highlighted in Washington D.C. as the central program of Mathematica Policy Research Center's \$40 million study funded by the Federal Administration of Children and Families. LCLC is now administered by state agencies in over 15 states nation-wide.

**2009-present        Gottman Couples' Retreats, Deer Harbor, Washington**

Have designed and conduct small group couples psychoeducational retreats based on Gottman research and Gottman-Method Couples' Therapy.

**1990-present        Clinical Psychologist, Private Practice, Seattle and Deer Harbor,  
Washington**

Conduct individual, couple and group psychotherapy treatment, specializing in work with distressed couples, abuse and trauma survivors, those with substance abuse problems and their partners, and cancer patients and their families.

- 3/86 – 12/89**      **Seattle Professional Practice Institute, Division of Seattle Mental Health Institute, Seattle, Washington**  
**Staff Trainer, Psychotherapist and Consultant**  
Duties included individual, conjoint, family and group psychotherapy with varied clientele. Specialized in work with trauma survivors (especially incest and rape), alcoholics and their families, and cancer patients and their families. Also provided consultations, trainings and workshops for professionals and the public.
- 1/85 – 2/86**      **Private Practice, San Diego and Los Angeles, California**  
Work included individual, couples, family and group psychotherapy, especially with incest and rape survivors, alcoholics and their families, and cancer patients and their families.
- 9/83 – 9/84**      **Veterans Administration Outpatient Clinic, Los Angeles, California**  
**Pre-doctoral Internship in APA approved program**  
Duties included individual, couples, family and group therapy, psychodiagnostic and neuropsychological assessment, alcoholism treatment, stress management, biofeedback, and gerontology programming.
- 11/83 – 9/84**      **University of California at San Diego, Psychological Services, San Diego, California**  
**Adjunctive Internship as part of VAOPC program**  
Duties included program development and implementation to treat and prevent sexual harassment on campus.
- 9/83 – 1/85**      **Private Practice as a Psychological Assistant, San Diego, California**  
Duties included individual, couples and group therapy specializing in work with incest and sexual assault survivors and children of alcoholics.
- 9/82 – 7/83**      **University of California at San Diego, Psychological Services, San Diego, California**  
**Pre-doctoral Internship**  
Duties included individual, couples, and group therapy, and crisis intervention with students, consultation with Dean's staff, and outreach through resident dormitories and the Women's Center.
- 4/81 – 8/82**      **Hanbleceya, Lemon Grove, California**  
**Internship and Weekend Staff**  
Duties included individual and group therapy with patients diagnosed as schizophrenic or character-disordered and off medications in a residential community environment.

- 9/80 – 4/81**      **Santa Anita Family Services, Monrovia, California**  
**Internship**  
Duties included individual, couples, family and group psychotherapy with low-income clients.
- 1/80 – 7/80**      **San Dieguito Union High School District, Del Mar, California**  
**Internship**  
Duties included individual and group therapy and psychodiagnostic assessment with student population.
- 1/77 – 8/78**      **University of Oregon Health Sciences Center, Psychiatric Crisis Unit, Portland, Oregon**  
**Mental Health Specialist**  
Duties included case management, individual and group psychotherapy and crisis intervention. Also researched and developed liaison program with hospital emergency services.
- 9/75 – 6/76**      **Massachusetts General Hospital Drug Detox and Day Treatment Program, Boston, Massachusetts**  
**Trainee**  
Duties included individual, group and milieu therapy with heroin-addicted clients. Also, created and implemented patient advocate program.
- 6/74 – 6/76**      **Eikos Therapeutic Environments, Boston, Massachusetts**  
**Staff Counselor**  
Duties included individual and couples psychotherapy with schizophrenic population in community residential setting.
- 6/74 – 6/75**      **Project Place, Roxbury, Mississippi**  
**Staff Counselor**  
Duties included individual and couples psychotherapy with minority group clientele.
- 9/70 – 1/72**      **Terros, Inc., Colorado Springs, Colorado**  
**Staff Counselor and Board of Directors Member**  
Helped establish hot-line and crisis intervention counseling center. Provided crisis and long-term counseling.

**EMPLOYMENT – TEACHING AND ADMINISTRATION**

- 4/94 – 8/2004**      **University of Washington, Seattle, Washington**  
**Clinical Assistant Professor**

Graduate student clinical supervisor and guest lecturer on topics including couple therapy and treatment of trauma.

- 9/86 – Present**     **University of Puget Sound and Seattle Community Colleges**  
**Guest Lecturer**  
Topics have included couple therapy, abnormal psychology, sexual abuse and its effects, and post-traumatic stress disorder and its treatment.
- 9/81 – 6/83**     **California School of Professional Psychology, San Diego, California**  
**Teacher's Assistant**  
Taught four classes including three seminars on the integration of psychoanalytic and existential theories with psychotherapeutic practice, and an experimental psychotherapy lab.
- 9/71 – 8/72**     **Colorado College, Colorado Springs, Colorado**  
**Teacher's Assistant**  
Taught classes in personality theory and abnormal psychology.
- 7/81 – 6/82**     **Bioenergetic Analysis Society of San Diego, San Diego, California**  
**Administrative Director**  
Planned and administrated four-year training program, services delivery, and public relations.
- 9/80 – 1/81**     **California School of Professional Psychology, Los Angeles, California**  
**Administrative Assistant**  
Helped organize and administrate Women's Conference for the professional community.

## **EMPLOYMENT \_\_ WORKSHOPS**

- 4/94 – Present**     **The Art and Science of Love: A Workshop for Couples**  
Seattle, Washington
- 2000 – Present**     **Levels 1, 2 and 3 in Gottman-Method Couples' Therapy**  
Internationally taught
- 2002 – Present**     **Certification Practicum in Gottman Method Couples' Therapy**  
Seattle, Washington
- 2000 – Present**     Numerous workshops for the Evolution of Psychotherapy International Conferences held every 5 years, the American Psychological Association annual conferences, the Association of Marriage and Family Therapy annual conferences, etc.

- Workshops on Psychotherapy with Cancer Patients**
- 2/88 American Cancer Society, Seattle, Washington  
6/87 Seattle Mental Health Institute, Seattle, Washington  
12/86 Overlake Hospital Medical Staff, Bellevue, Washington
- Workshops on Treatment of Adult Children of Alcoholics**
- 6/88, 12/87 & 6/87 ANEW, Seattle, Washington  
5/87 Vancouver Family Services, Vancouver, British Columbia  
2/87 Overlake Hospital Psychiatric Services, Bellevue, Washington
- Workshops on Psychotherapy with Incest Survivors**
- 4/87 Overlake Hospital Social Services, Bellevue, Washington
- Workshops on Adolescence and Addiction**
- 10/86 British Columbia Institute of Justice, Vancouver, British Columbia  
10/86 Crossroads Treatment Center, Kelowna, British Columbia  
6/87 United Indian Health Services, Port Ludlow, Washington
- Workshops on Treating Staff Burnout in the Helping Professions**
- 4/91 & 6/92 Eastside Radiation Oncology Offices  
3/90 Overlake Hospital, Bellevue, Washington  
11/86 Highline Evaluation and Treatment Center, Seattle, Washington  
2/84 Veterans Administration Outpatient Clinic, Los Angeles, California
- Workshops on Sexual Harassment: Information, Prevention and Action**
- 1/84 – 6/84 Four colleges of UCSD, San Diego, California
- 5/83 **Workshop on Student Burnout Syndrome**  
UCSD Faculty, San Diego, California
- 3/83 **Workshop on Suicide & Students: Crisis Prevention**  
UCSD Staff, San Diego, California
- 1/83 **Workshop on Psychosis and Students: Detection and Intervention**  
UCSD Staff, San Diego, California
- 11/82 **Workshop on Rape: Social Myths, Realities and Prevention**  
UCSD Community, San Diego, California
- 1/82 **Workshop on Schizophrenia and Infant Development**  
Hanbleceya Staff and Public, San Diego, California

1/82      **Workshop on Schizophrenia and Sexuality**  
Hanbelceya Staff and Public, San Diego, California

## **PUBLICATIONS**

- 1989    *Children of Gay and Lesbian Parents*, Marriage and Family Review, Vol. 14, No. 3-4, p. 172.
- 2004    (Editor and co-author) *The Marriage Clinic Case Book*, W. W. Norton, New York
- 2004    (with Dr. John Gottman and Joan DeClaire), *10 Lessons to Transform Your Marriage*, Crown, New York
- 2007    (with Dr. John Gottman), *And Baby Makes Three*, Crown, New York
- 2015    (with Dr. John Gottman) *10 Principles for Doing Effective Couples Therapy*, W.W. Norton, New York
- 2016    (with Dr. John Gottman) *The Man's Guide to Women*, Rodale, New York

## **AWARDS**

- 2002    *The Distinguished Psychologist of the Year Award*, Washington State Psychological Association

## **ORGANIZATIONAL MEMBERSHIPS**

American Psychological Association

National Organization for Women

Sierra Club

## **REFERENCES**

Letters are available upon request.