



# **LEVEL 3 CLINICAL TRAINING**

## **GOTTMAN METHOD COUPLES THERAPY**

*Practicum Training*

### **COURSE DESCRIPTION AND OVERVIEW**

Fine-tune and master your skills using Gottman Method Couples Therapy. Participants in the Level 3 Practicum Training, together with Drs. Julie and John Gottman, examine actual video recorded cases of couples brought in by workshop colleagues. The Gottmans use these video recorded cases as teaching and learning tools to help deepen understanding of when and how to use various Gottman Method approaches and interventions, and how to break destructive patterns and replace them with meaningful interactions.

During this workshop, Drs. John and Julie Gottman lead discussions, demonstrate techniques, and provide guidance in developing a road map for clinical decisions. Participants have the opportunity to practice and refine their use of Gottman Method Couples Therapy through participation in role-plays, demonstrations and discussions in a small group setting, and receive personalized guidance and supportive coaching from the Gottmans and Senior Certified Gottman Therapists.

### **VIDEO PARTICIPATION: CASE DISCUSSION IN PRACTICUM TRAINING**

Participants are asked to bring a short, ten minute or so, video segment (on DVD or USB thumb drive) of difficult and challenging couples to the Level 3 workshop. The therapist's work with the couple will not be critiqued; in fact the video does not even need to show the therapist; just seeing the couple is all that is needed. The purpose will be to use these couples to illustrate how the Gottman Method can be applied to these tough cases. Drs. John and Julie Gottman will describe how they would treat these couples and then participants from the audience will volunteer to role play these couples with Drs. John and Julie Gottman demonstrating using a variety of interventions with these couples. Participants will then have the opportunity to practice using these interventions in a supportive small group setting with other participants' role playing the couples from the videos.

Bringing a video recording isn't required, but it will help make the training more meaningful for everyone. If you cannot bring a video segment, it would help to bring a brief written description of a challenging couple for the same purpose. Note: Unfortunately, we are not able to support the following formats: Mini DVD's, "High-8," alternate or nonstandard international formats, such as "Super-8."

### **PRE-REQUISITES**

- Master's or doctoral degree OR current enrollment in a graduate program within a mental health-related field
- Completed Level 1 Live Training, Online Training, or DVD Home Study
- Completed Level 2 Live Training, Online Training, or DVD Home Study

## FEES

The fee for the Level 3 Practicum Training is \$1,250.

## CONTINUING EDUCATION

Continuing Education hours will be available for a fee through our training partner, PESI. You will receive 20 CE hours from this training. Please contact us at [training@gottman.com](mailto:training@gottman.com) for more information.

## THE GOTTMAN INSTITUTE POLICIES

It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual orientation, age, or physical ability.

ADA accommodations will be made in accordance with the law. If you require ADA accommodation, please indicate your needs at time of registration. TGI cannot ensure the availability of appropriate accommodation without prior notification.

**Cancellation Policy:** All registrations are final. If you are unable to attend, you may transfer to a future Gottman Institute training, minus a \$50 administrative fee. To obtain a transfer, you must notify, in writing to [training@gottman.com](mailto:training@gottman.com), at least 30 days prior to the event date. Transfers will expire one year from the date of the notification, and cannot be transferred to another attendee.

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## CERTIFICATION TRACK

Participation in Level 3 does not automatically lead to Certification in the Gottman Method. To enter the Certification Track, you must submit the Certification Track Application and accompanying paperwork. For more information about the Certification Track, please contact us at [training@gottman.com](mailto:training@gottman.com).

Following the Level 3 Practicum Training, clinicians in the Certification Track have the opportunity to work with a Consultant to guide them in applying the Gottman Method with their couples. There will be ample opportunity to ask questions and receive input about all phases of working with couples, from assessment and treatment planning through selecting and implementing appropriate interventions for each client's unique needs. Consultants will provide feedback on video tapes of therapy sessions and will assist the therapist in becoming proficient in the core intervention skills necessary for certification. A minimum of eight individual or 12 small group consultations are required for certification.

Those who qualify and are interested may continue their training with a Gottman Institute Consultant following the Level 3 Practicum Training.

## **MINIMUM REQUIREMENTS FOR THE CERTIFICATION TRACK INCLUDE:**

- Level 1: Bridging the Couple Chasm (Live or DVD home study)
- Level 2: Assessment, Intervention & Co-Morbidities Training (Live or DVD home study)
- Level 3: Practicum Training
- Masters or doctoral degree in a mental health-related field
- License or certification in a mental health-related field
- Minimum 1000 hours of post degree therapy experience

## **FEES FOR CERTIFICATION TRACK**

There is a one-time administrative fee of \$675 payable to The Gottman Institute. This fee includes the cost of evaluating tapes submitted for certification after the completion of the consultation process. Fees for Consultation are additional and will be paid directly to your Consultant. Individual consultations are 45 minutes with a minimum of 8 sessions and group consultations are 50-90 minutes with a minimum of 12 sessions (see consultant for price).

In addition, the cost for the Consultant's time reviewing video tapes is prorated at the rate of \$115 per 45 minutes. A minimum of three 15-minute video segments are required for Consultant review but typically additional tape reviews are necessary.

## **QUESTIONS?**

If you would like the most current information on our professional training program, please contact the Professional Development Department at (888) 523-9042 ext. 2 or [training@gottman.com](mailto:training@gottman.com).

# LEVEL 3 PRACTICUM TRAINING REGISTRATION FORM

**Please fill out pages 4-5 and return via:**

**Mail:** The Gottman Institute  
2101 4th Avenue, Suite 1750  
Seattle, WA 98121

**OR**

**Fax:** 1(206) 523-7306

## PARTICIPANT CONTACT INFORMATION

Name

Degree/Lic. Type

Billing Address

City

State/Prov.

Zip/Postal Code

Country

Phone

Email

**Registration Fee: \$1,250**

## EDUCATION AND EXPERIENCE

Highest degree obtained in a mental health-related field (choose one):

- Master's Degree                      Ph.D.  
 Psy.D.                                       M.D.  
 Other:

Field of study for above degree:

Hours of therapy experience (approximate):

- Individual:     0-100     101-500     501-1000     1001-5000     5000+  
Couples         0-100     101-500     501-1000     1001-5000     5000+

I verify that I have completed Level 1 Clinical Training    Date Completed: \_\_\_\_\_

I verify that I have completed Level 2 Clinical Training    Date Completed: \_\_\_\_\_

## PAYMENT OPTIONS (CHOOSE ONE)

*Please do not send cash-all payments must be made in US funds*

### Option 1: Payment in full

- By check (payable to The Gottman Institute)
- By bankcard: I authorize my credit card to be charged for \$1,250

### Option 2: Payment Plan

- Bank card only: a \$15 administrative flat fee will be added to the registration total. Four equal installments of \$316.25 will be charged on a monthly basis. All installments payments must be completed prior to the workshop date.

Card Number

Exp. Date

CVV

Name on Card

Signature

Date

Office use only

SFA#

Date

Initials

Other