

NOTE: When complete, please return this form to The Gottman Institute at UOP@Gottman.com to schedule your training. Please sign digitally in Adobe OR print, physically sign & scan your completed agreement.



UNIVERSITY OUTREACH PROGRAM
LEVEL 1 CLINICAL TRAINING
Gottman Method Couples Therapy

Level 1: Bridging the Couple Chasm: Gottman Couples Therapy: A New Research-Based Approach

The University Outreach Program is designed for graduate students pursuing clinical degrees, but is also open to faculty, recent alumni, and other professionals affiliated with your university.

LETTER OF AGREEMENT

Today's date:

Dear:

Thank you for your interest in participating in The Gottman Institute's **Gottman Couples Therapy Level 1 University Outreach Program**. Please accept this letter as a Program Agreement between The Gottman Institute (TGI) and:

(the university or proctor) regarding Level 1: *Bridging the Couple Chasm: Gottman Couples Therapy: A New Research- Based Approach* proctored video-based workshop.

TRAINING DATES:

The Level 1 workshop will be proctored by a university-appointed representative and will take place between these dates: _____ and _____

SHIPPING/DELIVERY ADDRESS:

University:

Attn:

Street Address:

City:

State:

Zip:

BILLING INFORMATION:

Billing Email:

Name

Street Address:

City:

State:

Zip:

The Gottman Institute uses the term "proctor" to refer to any adult authorized by your university to be present during, and be accountable for, a Gottman Couples Therapy video-based training. A proctor will be asked to read the training script, distribute materials, oversee the timing of the training videos, breaks, and breakout role play exercises, and track participant attendance.

Primary Contact Name & Email address:

Please let us know if there are other co-proctors or assistants who will be assisting with hosting the training who will need to be CC'd on training information:

CONTENT SUMMARY:

Based on 40+ years of Dr. John Gottman's research, this workshop offers students and clinicians a scientifically-based roadmap to help couples manage conflict, build friendship, and support each other's dreams.

The Gottman's evidence-based approach to clinical intervention is internationally recognized as the standard of couples therapy. The workshop films present Drs. John and Julie Gottman presenting a state-of-the-art training for counseling professionals. This is the same training the Gottmans teach to clinicians around the world.

During this training, participants will learn:

- New research-based assessments and effective interventions to help understand couples' struggles
- Research-based strategies and tools to help couples successfully manage conflict
- Skills that empower couples to dialogue about their worst gridlocked issues by uncovering their underlying dreams, history, and values
- Methods to help couples process their fights and heal their hurts
- Techniques for couples to deepen their intimacy and minimize relapse

This training will include:

- 11 Hours of video lecture from Drs. John and Julie Gottman:
 - Demonstrating interventions via recordings of working with real clients
 - Lecturing on Dr. John Gottman's landmark research with couples & the Gottman Method of Couples Therapy derived from it
- One 300-page clinical training manual
- Optional Q&A session with a Certified Gottman Therapist
- A Level 1 Certificate of Completion issued by The Gottman Institute

CLINICAL TRAINING FILMS:

TGI will provide the university with a temporary online membership to access the Level 1 training films during the duration of the training. For universities who wish to schedule the training over the course of the academic quarter or semester, the timing can be tailored to the specific needs of the university.

CLINICAL TRAINING MANUAL:

Each participant will receive a new 300-page clinical training manual written by Drs. John and Julie Gottman.

The manual includes the latest research in Gottman Couples Therapy plus 25 Relationship Assessment Questionnaires and eight key Gottman Method Interventions. Clinicians will be able to use and apply the Assessments, Interventions, and clinical tools immediately with their couples.

TGI will help coordinate the printing and delivery of the manuals in a timely manner as the training date approaches.

**Please note that manuals are not returnable/refundable. A student unable to attend the training for whatever reason may:*

- *arrange time with a university proctor to make up the content they missed during the current training*
- *attend a future training hosted by the university with the manual they purchased*
- *purchase the online version of the training from Gottman.com and complete the training on their own with the manual they purchased*

LIVE Q&A SESSION:

As part of the University Outreach Program, participants will have the opportunity to participate in a Question and Answer session with an experienced Certified Gottman Therapist (CGT) for up to one hour over a live video call.

Would you like to be connected with a CGT for a Q&A session?

If yes, please provide the date and time you would like your Q&A to be scheduled:

Option 1:

Option 2:

Comments:

ATTENDANCE & CERTIFICATES OF COMPLETION:

Participants must attend the entire session and have a manual to receive a Certificate of Completion. No exceptions. The proctor is required to take attendance, and attest each participant attended the training in its entirety. The proctor agrees to send TGI a complete list of participants with each attendee's first name, last name and e-mail address via the roster submission process after the training. Certificates of Completion will be sent to participants via the email provided on the roster within 2 weeks of when we receive it.

CONTINUING EDUCATION/CEs:

Continuing Education (CE) hours are available for purchase separately after the training. See the proctor guide for more information.

PROCTOR & STUDENT SURVEYS:

Each participant and the proctor will be sent an online survey after the training. These are not required, but are greatly appreciated and help us develop and improve the University Outreach Program. In addition, we will send each student information and announcements about future research, services, and promotions offered through TGI.

LOCATION & AUDIO/VIDEO REQUIREMENTS:

- Designated computer/device with access to internet connection
 - In order to log in and stream the videos
- A large enough screen to be comfortably seen by all participants
 - (including HDMI, a projector, or whatever is needed for your A/V setup)
- Seating and tables for participants
 - comfortable seats make a big difference to long days sitting and watching videos; tables are helpful to take notes and follow along in the manual

PARTICIPANT MINIMUM:

The minimum number of participants to host the University Outreach Program is 10. This may include the proctor.

Anticipated number of participants (minimum of 10 required for participation):

FEES AND PAYMENT ARRANGEMENTS:

- **Training cost per student:** The total cost is \$125 per student.
- **Payment/Ordering Arrangements:** We have several options for ordering manuals.
 - Online order through a password-protected link. This can be shared with students if you would like them to pay TGI directly. Shipping is only free on bulk orders of 10 or more.
 - For universities ordering in bulk that require an invoice before payment, we can invoice you and allow Net30 days for payment. Shipping is free on orders of 10 or more.

All invoices must be paid before further trainings can be scheduled or products purchased.

CONTACT THE GOTTMAN INSTITUTE

University Outreach Program
The Gottman Institute
206-523-9042 x 116
uop@gottman.com

CANCELLATION: If, due to causes legally known as Acts of God, is forced to cancel, neither the school, nor any representative shall be liable for any payment.

IN CONCLUSION: The parties have agreed to and executed this Program Agreement as of the date indicated below:

Accepted By:

Accepted By:

The Gottman Institute

Contract Signer (Print Name)

Alan Kunovsky, CEO

Print Name

Signature



Signature

Date

Date