

**Gottman Method Couples Therapy
Level 2
Assessment, Intervention, and Co-Morbidities**

OUTLINE

DAY ONE

INTRODUCTION

- Overview of Workshop

BASICS OF OBSERVATION

- Emotions in the Human Face
- Tension in the Voice
- The Words Themselves

BIDS AND TURNING

- Overview
- “Spain Without Interest,” “Bread With Interest”
- “Greg and Jennie—Northwest Afternoon”

SESSION #1: ASSESSMENT

FRIENDSHIP PROFILE: ORAL HISTORY INTERVIEW

- The spirit of the interview
- Content and Questions in the interview
- Coding notes
- Oral History Benchmarks
- FILM: “Oral History Interview Samples”

EVALUATING CONFLICT AND REPAIR

- Setting up a Conflict Discussion
- Evaluating Conflict
- Gridlocked Conflict
- Videotaping and Physiological Flooding

SESSION #1: PUTTING IT ALL TOGETHER

- FILM: “Initial Session”
- Couple’s Narrative
- Oral History Interview
- Conflict Discussion
- Group role play practice: Oral History Interview

SESSION #2: INDIVIDUAL INTERVIEWS

- FILM: “Assessment Individual Session - Michael & Trudi”
- Assessment Questionnaires and Scoring
- Scoring Summary Sheet

SESSION #3: GIVING FEEDBACK AND TREATMENT PLANNING

FEEDBACK SESSION

- Overview
- Feedback Session benchmarks
- Clinician’s Checklist for Relationship Assessment
- Sound Relationship House Theory
- Gottman Method Clinical Hours Documentation Form
- Gottman Treatment Plan Form
- FILM: “Masters and Disasters”
- Group Role Play Practice: Feedback Session

GOTTMAN METHOD INTERVENTIONS

INTERVENTION OVERVIEW

- Intervention benchmarks
- Three qualities every therapist needs

INTERVENTIONS TO MANAGE CONFLICT

INTERVENTION: GENTLE START-UP

CASE INTRODUCTION: STEVE AND CRYSTA

- FILM: “Family Dinner”
- FILM: “Four Horsemen Examples”

INTERVENTION: LABEL THE FOUR HORSEMEN AND REPLACE THEM WITH THEIR ANTIDOTES

- FILM: “Four Horsemen examples”

DAY TWO

INTERVENTIONS TO MANAGE CONFLICT

INTERVENTION: FLOODING

- FILM: “Flooding & Soothing”
- Group Role Play: Flooding

INTERVENTION: GOTTMAN-RAPOPORT EXERCISE

- FILM: “Gottman-Rapoport Intervention”
- Group Role Play Practice: Gottman-Rapoport

INTERVENTION: THE DAN WILE INTERVENTION

- FILM: “Dan Wile Intervention”
- Group Role Play: Dan Wile

INTERVENTION: INTERNAL WORKING MODEL

- FILM: “Internal Working Model”

INTERVENTION: COMPROMISE

- FILM: “Compromise”
- Group role play practice: Compromise

INTERVENTION: DREAMS WITHIN CONFLICT

- FILM: “Dreams Within Conflict”
- Group role play practice: Dreams Within Conflict

INTERVENTION: AFTERMATH OF A FIGHT OR REGRETTABLE INCIDENT

- FILM: “Aftermath of a Fight”
- Group role play: Aftermath of a Fight

INTERVENTIONS TO STRENGTHEN FRIENDSHIP AND ROMANCE

- Overview
- Turning Towards Exercises

INTERVENTION: WORKING ON FONDNESS AND ADMIRATION “I APPRECIATE...” ADJECTIVE CHECKLIST

- FILM: “Working on Fondness & Admiration”

DAY THREE

INTERVENTIONS TO STRENGTHEN FRIENDSHIP AND ROMANCE **(continued)**

INTERVENTION: STRESS REDUCING CONVERSATION

- FILM: “Stress Reducing Conversation”
- Group role play exercise: Stress Reducing Conversation

INTERVENTIONS TO CREATE SHARED MEANING

INTERVENTION: CREATE SHARED MEANING AND BUILD RITUALS OF CONNECTION

- FILM: “Rituals of Connection”

RELAPSE PREVENTION

CO-MORBIDITIES

DEALING WITH AFFAIRS

DEALING WITH ADDICTION

PTSD

DEALING WITH DOMESTIC VIOLENCE

- “Pit bulls”
- “Cobras”
- “CTAV Collage Video”