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”