

For more information on the Gottman Method
visit:
www.gottman.com

About the Presenter

Mike Fidler, MSW RSW

Mike Fidler has assisted couple for over 30 years as a relationship therapist. Mike has been co-leading marriage preparation courses for over 25 years. He is an international Arts & Science of Love Couples Workshop presenter and Gottman clinical trainer. As a Master Trainer with the Gottman Institute he is certified to teach Level I, II and III training for clinicians and consult for the final stage of clinical certification. Mike has worked over 10,000 hours with couples during his 30 plus year practice. Mike was a child abuse specialist for 12 years and taught provincially & nationally for over six years for the Institute for the Prevention of Child Abuse and is known for his clinical experience, conceptual clarity, and humour.



Positive Relationship Inc.

9:00am - 4:30pm
January 20-21st, 2020

Family Service Toronto
355 Church St.

Toronto, ON M5B 1Z8

Phone: 1-800-848-5632

Positiverelationship2@gmail.com



12 CE Credits available for purchase from
R. Cassidy

Gottman Level 1 Therapist Training

Bridging the Couple Chasm

Email:
positiverelationship2@gmail.com

Phone: 1-800-848-5632

Who Should Attend

Individuals working in the following fields will benefit from Level I training:

- Mental health providers
- Allied professionals and clergy
- Family clinic staff
- Professors/teachers of couples therapy
- Researchers in the social sciences
- Graduate students and interns

What You Will Learn

This inspirational two-day workshop is designed to immediately empower your work as a couples' therapist. Clinicians who take this workshop will be equipped with new methods and tools to help couples break the cycle of criticism, defensiveness, contempt, and stonewalling. Through demonstrations and videos from the clinical office, you'll see how to apply the research-based principles and interventions of Gottman Method Couples Therapy, including:

1. New research-based assessments and effective interventions to help understand couples' struggles
2. Research-based strategies and tools to help couples successfully manage conflict
3. Skills that empower couples to dialogue about their worst gridlocked issues
4. Methods to help couples process their fights and heal their hurts
5. Techniques for couples to deepen their intimacy and minimize relapse.

Workshop Objectives

Clinicians will gain new skills in assessment, intervention and relapse prevention, and dramatically increase effectiveness in helping couples manage conflicts and strengthen friendship and intimacy.

Participants will be able to:

1. Summarize the research that allows prediction of future relationship stability with 94% accuracy
2. Describe the seven levels of the Sound Relationship House theory
3. Conduct a couple's therapy assessment using elements of the couple's narrative, the Oral History interview, written questionnaires, observations of conflict, and individual interviews
4. Describe two interventions for each: to help strengthen a couple's management of conflict, to enhance a couple's friendship system; and to explore a couple's system of shared meaning.

Perks

Receive the 300-page Clinical Manual from The Gottman Institute

Receive a certificate of completion from The Gottman Institute.

Level 1 is the first step in Gottman Certification

REGISTER

Name Degree/License

Address

City Country/Province/P.C.

Phone

Email

How can we accommodate physical challenges?

REGISTRATION FEE:

- () Standard Registration \$600.00 with Gottman Binder, a \$150.00 value.
- () Early Bird Registration \$550.00 with the Gottman Binder, a \$150.00 value before **December 15th, 2019.**

Refund Policy: Refund minus \$50 when cancelling prior to two business weeks before the workshop & \$100 after that date.

- Payment Information:** (Select One)
- () Cheque: Payable to: Positive Relationship Inc.
 - () E-Transfer: pfidler29@gmail.com

Confirmation of your workshop registration will be emailed to you.