



UNIVERSITY OUTREACH PROGRAM

Level 1 Clinical Training

Gottman Method Couples Therapy

Digital Brochure

Gottman Method Couples Therapy Training - Level 1: Bridging the Couple Chasm is a video-based online training, which also includes built-in opportunities for group discussion and Q&A sessions.

This training totals the equivalent of 4 full days of training, and includes:

- 11 hours of video lecture from Drs. John & Julie Gottman
- PDF 300+ page Clinical Training Manual
- Opportunities to have group discussions based on the material
- Opportunities to attend live Q&A sessions with an experienced Certified Gottman Therapist
- Level 1 Certificate of Completion from The Gottman Institute
- Approx. 11 CE hours

Cost: \$125/participant

Who: The University Outreach Program is designed for graduate students pursuing clinical degrees, but is also open to faculty, staff and recent alumni.

LEVEL 1 OVERVIEW:

Our practical, emotion-focused, and highly effective approach is based on Drs. John and Julie Gottman's four decades of research with more than 3,000 couples. It is the most extensive study ever done on marital stability and divorce prediction.

The Gottman's evidence-based approach to clinical intervention is internationally recognized as the standard of couples therapy. These training videos show Drs. John and Julie Gottman presenting the same state-of-the-art training for counseling professionals that they taught to clinicians around the world.

In this workshop, you will be provided with a research-based roadmap for helping couples compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams based on the Sound Relationship House Theory. You will be introduced to Dr. Gottman's breakthrough research on thousands of couples to understand the difference between the "Masters" and "Disasters" of relationships. If you are not already doing assessment, this training will teach you how to assess a relationship's strengths and areas of concern using empirically validated questionnaires.

You will view original videos of couples from the famous Gottman "Love Lab," as well as video of Drs. John and Julie Gottman demonstrating assessment and interventions in real case examples from their private practice.

TRAINING OBJECTIVES:

At completion, you should have the clinical familiarity, knowledge, and resources to integrate Gottman Method Couples Therapy assessments and interventions into your clinical work.

During this training, participants will learn how to:

- Summarize the research that allows us to predict future relationship stability.
- Describe the seven levels of the Sound Relationship House Theory.
- 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.
- Describe two interventions to help strengthen a couple's conflict management.
- Describe two interventions to enhance a couple's friendship system.
- Describe two interventions to explore a couple's system of shared meaning.
- Explain why physiological self-soothing is essential for a healthy relationship.
- Create a therapeutic contract with a couple, discuss and decide on goals and include a summary of the couples strengths and areas that need improvement.
- Describe the Philosophy of Therapy and including assumptions, overview of techniques and goals of therapy.
- Describe the Rapoport Intervention and when to use it.
- Describe the process of therapy, including the structure of a session.

REVIEWS:

More than 50,000 clinicians worldwide have completed Level 1 Training in Gottman Method Couples Therapy. Here's what some of them have said about the training.

"This was the best seminar I have ever attended. It not only provided me a wealth of valuable tools in my practice, but challenged some ideas I have held."

– Anonymous evaluation from Houston, TX

"I particularly enjoyed the excellent clinical films and found them especially useful in understanding the assessments and interventions that were taught. Appreciated seeing actual examples of sessions and examples of different ideas/thoughts of what to say and how to implement interventions."

– Anonymous evaluation from San Francisco, CA

"This was the single most useful conference I have attended in twenty-three years of clinical practice. Clear, concise, useful! Thank you so much for your presentation, your work, and your humor."

– Anonymous evaluation from Seattle, WA

"You have convinced me that your methods and interventions are intelligent, responsible, and compassionate. I believe they will endure over time as a true gift to children and families."

– Anonymous evaluation from Chicago, IL