



## **Overview of Gottman Method Couples Therapy**

The Gottman Method Couples Therapy is based on Dr. John Gottman's research that began in the 1970's and continues to this day. The research has focused on what makes marriages succeed or fail. From this research, Drs. John and Julie Gottman have created a method of therapy that emphasizes a nuts-and-bolts approach to improving clients' relationships.

This method is designed to help teach specific tools to deepen friendship and intimacy in your relationship. To help you productively manage conflicts, you will be given methods to manage resolvable problems and dialogue about gridlocked (or perpetual) issues. We will also work together to help you appreciate your relationship's strengths and to gently navigate through its vulnerabilities.

## **Gottman Method Couples Therapy Consists of Five Parts**

- Assessment
- Treatment
- Phase-Out of Therapy
- Termination
- Outcome Evaluation

Early in the assessment phase, you will be given some online quizzes to complete that will help us better understand your relationship. In the first sessions, we will talk about the history of your relationship, areas of concern, and goals for treatment.

In the next session, we will meet with each of you individually to learn your personal histories and to give each of you an opportunity to share thoughts, feelings, and perceptions. In the final session of assessment, we will share with you our recommendations for treatment and work to define mutually agreed-upon goals for your therapy.



Most of the work will involve sessions in which you will be seen together as a couple. However, there may be times when individual sessions are recommended. We may also give you exercises to practice between sessions.

The length of therapy will be determined by your specific needs and goals. During therapy, we will establish points at which to evaluate your satisfaction and progress. Also, we will encourage you to raise any questions or concerns that you have about the therapy process at any time.

In the latter stage of therapy, we will phase out (or meet less frequently) in order for you to test out new relationship skills and to prepare for termination of the therapy. Although you may terminate therapy whenever you wish, it is most helpful to have at least one session together to summarize progress, define the work that remains, and say good-bye.

In the outcome-evaluation phase, as per the Gottman Method, four follow-up sessions are planned: one after six months, one after 12 months, one after 18 months, and one after two years. These sessions have been shown through research to significantly decrease the chances of relapse into previous, unhelpful patterns. In addition, commitment to providing the best therapy possible requires ongoing evaluation of methods used and client progress. The purpose of these follow-up sessions then will be to fine-tune any of your relationship skills if needed and to evaluate the effectiveness of the therapy received.



## Assessment and Fees

Fees for the analysis of your therapy are based on the number of hours needed to complete the four-step process. Generally, the first few visits require about 4.5 to 5 hours in four in-office sessions. Additionally, it requires 1 to 2 hours of paperwork for which there is no additional charge.

The components of the assessment are as follows:

Session #1	Couples Intake Interview	80 – 90 minutes
Session #2 & 3	Individual Interviews	45 minutes – 1 hour each (x2)
Session #4	Assessment Feedback and Treatment Planning	80 – 90 minutes
Session #5+	Future Sessions (communication skills, working on gridlocked issues....)	80 – 90 minutes

Our hourly rate is \$140/hour + GST during the day and \$150/hour + GST after 5pm (for either couples or individual sessions). We charge per session and you do not need to pay in advance, or commit to any number of sessions, though we hope you will at least complete the assessment process, as we find this is very beneficial for clients.

The fee for the Gottman Relationship Checkup (Assessment) is \$75 which will be charged to your card on file unless otherwise specified.

\*\*If you have extended health insurance through work, they *may* cover our services, however it is your responsibility to inquire with them to see if they cover "Registered Clinical Counsellors". If you have coverage, we will provide you with a receipt which you can send to your insurance company for reimbursement.