

LEVEL 3 READINESS CHECKLIST

Welcome to Gottman Method Therapy Level 3 Practicum! We are honored to have you take this next step with us in your training and we deeply appreciate your dedication to couples and relationships. This practicum experience is designed to elevate your skill and comfort in using Gottman method with your clients. We encourage you to review the materials from your earlier workshops in preparation for the practicum. Listed below you will find a checklist of learning milestones for you to review and a suggested reading list. We have found that preparation for the level 3 practicum experience will deepen your learning of Gottman method and strengthen your use of these techniques.

Prerequisites

- Gottman Level 1: Live or Home Study or Online Course
- Gottman Level 2: Live or Home Study or Online Course
- Master's degree, doctor degree, or current enrollment in a graduate program within a mental health-related field

Please email training@gottman.com if you have any questions.

Level 3 Readiness Checklist

Please reference the following: (L1=Level 1 Manual, L2=Level 2 Manual, B=both)

- The research that predicts future relationship stability (L1)
- The seven levels and two walls of the Sound Relationship House Theory (L1)
- The Philosophy of the Therapy including assumptions, overview of techniques, and goals of therapy (L1)
- The process of therapy, including the structure of a session (B)
- The basics of observation including why it's important to recognize emotions on the human face, tension in the voice, the importance of words and the use of the SPAFF coding system (L2)
- Bids and Turning Towards (B)
- The structure of the assessment process (B)
- How to conduct an Oral History Interview (B)
- How to set up a conflict conversation (B)
- Assessing the "friendship profile," "conflict profile" and "shared meanings profile" (B)
- Use of the core questionnaires (B)
- Use of the Relationship Checkup Website (B)

Use of the following FRIENDSHIP BUILDING interventions:

- I Appreciate Adjective Checklist (L2)
- Love Map Cards (B)
- Open-Ended Questions (L2)
- Stress Reducing Conversation (B)

Use of the following CONFLICT MANAGEMENT interventions:

- Labeling and Replacing the Four Horsemen with Their Antidotes (B)
- Gottman-Rapoport Exercise (B)
- Dan Wile Intervention (L2)
- Internal Working Model (L2)
- Art of Compromise (L2)
- Dreams Within Conflict (B)
- Aftermath of a Fight (B)
- Flooding and self-soothing relaxation (B)
- 6 skills for conflict management (B)

Use of the following SHARED MEANING interventions

- Build Rituals of Connection (B)
- Mission and Legacy (B)

Dealing with Affairs (L2)

- Atone, Attune, Attach Model
- Trauma
- Effects on Sound Relationship House
- Secrets
- Setting up an Atoning conversation
- Tools for each phase

Dealing with Addictions (L2)

- Assessment
- Dopamine hypothesis
- Treatment philosophy
- Effects on Sound Relationship House

Dealing with PTSD (L2)

- Effects on Sound Relationship House
- Symptomatology
- Telling the story of trauma to partner

Dealing with Domestic Violence (L2)

- Recognizing characterological vs situational DV
- Pit Bulls and Cobras
- Plan for dealing with characterological DV
- Treatment planning with situational DV

Suggested Readings

- When Men Batter Women – Jacobson and Gottman
- The Marriage Clinic Casebook – Gottman
- The Marriage Clinic – Gottman
- 10 Principles for Doing Effective Couples Therapy – Gottman and Gottman
- And Baby Makes Three – Gottman and Gottman
- The Relationship Cure – Gottman
- After the Fight – Dan Wile
- Emotions Revealed – Paul Ekman