



# Gottman Level 1 outline

Two days: 9:00 AM – 5:00 PM

## DAY ONE

THE RESEARCH: What Makes Relationships Succeed or Fail?

- What is different about Gottman Method Couples Therapy?
- What is dysfunctional about relationships when they are ailing?
- The “Masters” and the “Disasters” of relationships. Exploding some common myths
- Negative and Positive sentiment overrides
- Friendship, Intimacy, Positive Affect Systems
- The Shared Meaning System
- From a checklist to The Sound Relationship House Theory

HOW TO ASSESS A RELATIONSHIP

Using The Sound Relationship House Theory to assess a relationship’s strengths and areas that need improvement

THE ASSESSMENT SESSIONS

### Session 1:

- Couple’s Narrative
- Oral history interview
- Conflict evaluation
- Discuss the Shared Meaning System
- Preparing the couple for Individual Sessions
- Written questionnaires

### Session 2:

- Individual interviews

### Session 3:

- Therapeutic Contract – Discussing and Deciding about Goals.
- Summary of strengths and areas that need improvement
- Treatment planning



- Demonstration film

## **DAY TWO**

INTRODUCTION TO INTERVENTION: Philosophy of the therapy – Six assumptions

### CONFLICT MANAGEMENT

- Rapoport Intervention and demonstration film
- Ending the Four Horsemen, Dealing with Flooding and demonstration film
- Dreams within Conflict Intervention and demonstration film
- Building the Basic Skills
- Softened Startup
- Accepting Influence
- Repair and De-escalation
- Physiological Soothing
- Compromise
- Aftermath of a Fight or Regrettable Incident and demonstration film

### BUILDING FRIENDSHIP AND SHARED MEANING

- Build Love Maps and demonstration film
- Turn Towards: The Stress-Reducing Conversation and demonstration film
- Build Rituals of Connection and demonstration film
- Create Shared Meaning and demonstration film

### PROCESS OF THE THERAPY

### SUMMARY

### WHAT'S NEXT – ADDITIONAL TRAINING