

Principle Skills Relationship Center
7710 N. Union Blvd., Suite 202, Colorado Springs, CO 80920
719-494-7412
www.principleskills.com

Intake Forms

Gottman Method Couples Therapy Overview

The Gottman Method Relationship 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 relationships succeed or fail. From this research, Dr.'s John and Julie Gottman have created a method of therapy that emphasizes a nuts-and-bolts approach to improving client relationships. The method is designed to teach specific principles and tools to deepen friendship and intimacy in your relationship, to help you productively manage conflicts and to support one another's life dreams. We will also help you appreciate your relationship's strengths and gently navigate through its vulnerabilities.

The Gottman Method Couples Therapy consists of 5 parts:

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

The Assessment consists of the first 4 sessions: First: a 90 minute joint session where we will talk about the history of your relationship, areas of concern and goals for treatment. In this session, if you are comfortable with it, I will ask permission to record a 10 minute example of how you typically talk together about difficult topics. You will also fill out an online assessment questionnaire from The Gottman Institute. Next: Two 60 minute individual sessions with each person in the couple to learn your personal histories and give each of you an opportunity to share thoughts, feelings and perceptions of the relationship. Finally, we will meet again all together for 90 minutes for a "summary session" where I will share with you the strengths in the relationship, areas of concern and my recommendations for treatment, and work to define mutually agreed upon goals for therapy. Please note: I have a NO SECRETS policy. Information shared will be used to further the goals of the marriage.

The Treatment phase is where I will meet with you as a couple for 90 minute sessions. There may be times when individual sessions are recommended to enhance the work you do as a couple. I will also recommend exercises to practice between sessions or reading exercises.

The length of therapy will be determined by your specific needs and goals. In the course of therapy, we will periodically evaluate your satisfaction and progress toward your goals. I encourage you to raise any questions or concerns you have about therapy at any time.

In the later stage of therapy, we will begin to "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

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least one session together to summarize progress, define the work that remains and to say good-bye.

In the outcome-evaluation phase, as per the Gottman Method, follow up sessions are planned. The following time frames are recommended post termination to meet for a session: 6 months; 12 months, 18 months and 2 years. These sessions have been shown through research to significantly decrease the chances of relapse into previous unhelpful patterns. The purpose of these follow up sessions is to fine-tune any of your relationship skills as needed, and to evaluate the effectiveness of the therapy received.