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ABOUT PRINCIPLE SKILLS RELATIONSHIP CENTER

Principle Skills Relationship Center is one of the few therapy practices in Colorado that specializes in treating couples with The Gottman Method. The Center integrates the Method in treating betrayal, trauma, and sexual compulsions and addictions.

The Center also presents the Gottman's parenting class, couples workshops and professional trainings.

Caralee Frederic, LCSW, owner and founder of the Center, is available for any media inquiries regarding relationships, including marriage and parent-child relationships; trauma of betrayals and addiction; intimacy anorexia; and pornography-related issues.

To learn more about the Center, visit www.PrincipleSkills.com.

ABOUT THE GOTTMAN INSTITUTE

The Gottman Institute is dedicated to combining wisdom from research and practice to support and strengthen marriages, families and relationships. Its founders, Dr. John and Julie Gottman have been featured in Time, the Washington Post and the Anderson Cooper Show.

The Gottman Method is one of the most utilized types of couples therapy and is popular because of its data-based concepts and exercises. More than 100,000 clinicians used The Gottman Method in their practice worldwide.

To become a Certified Gottman Therapists, clinicians must undergo 40 hours of training and at least 1,000 hours of postgraduate therapy experience.

IMAGES

[Images can be found here.](#)

Folder includes headshots of Caralee Frederic, photo of Drs. John and Julie Gottman, and the Principle Skills logo.