

## Principle Skills Relationship Center

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# Gottman Level 1 Agenda

## Day 1

10:00 am

Introductions

10:10 am

### Section 1: Research and Theory

The Need for Theory

Film: The Argument Clinic

What is Different About Gottman Method Couples Therapy?

Film: Couple's Argument: The Picnic

What is Our Focus?

Our Research Methods

Film: Inside the Family Research Lab

11:00 am

What is "Dysfunctional" When A Relationship is Ailing: Myths and Truths

The "Four Horsemen of the Apocalypse"

Film: What Predicts Divorce?

What is True, Based on Research?

Film: Accepts Influence

12:00 pm

Break

12:15 pm

What is "Functional" When A Relationship is Going Well?

Film: Turning Toward

Summary Checklist

Beyond Checklists

Three Domains

The Sound Relationship House

The Nine Components of the Sound Relationship Theory

1:30 pm

## Section 2: Assessment: Overview

When is Couples Therapy Contra-Indicated?

2:00 pm

Lunch

3:30 pm

## Section 3: Assessment Session 1

Summary

The Couple's Narrative

The Oral History Interview

Assessment Session 1: Sampling Couple Conflict Interaction

4:15 pm

## Section 4: Written Questionnaires

The Sound Relationship House Questionnaires

The Gottman 19-Areas Checklist for Solvable and Perpetual Problems

The Three "Detour" Scales

After doing trainings for more than 20 years

Film: The Gottman Relationship Checkup

5:00 pm

## Section 5: Assessment Session 2 & 3

The Sound Relationship House Questionnaires

5:30 pm

Break

5:45 pm

Session 2: Individual Sessions (with some Q & A)

Session 3: Conjoint Session (with some Q & A)

Discussing and Deciding About Goals

Film: Phases of assessment and treatment goal setting

6:30 pm  
Questions & Answers

7:00 pm  
End of Day 1

## Day 2

10:00 am  
Section 6: Intervention  
Intervention Assumptions, Overview, Goals  
Key Interventions

10:45 am  
Constructive Conflict  
Conflict Goal #1: Understanding - Rapoport Intervention  
Film: Modified Rapoport Intervention.

11:30 am  
Conflict Goal #2: Deepen your Understanding  
Film: Dreams Within Conflict  
Conflict Goal #3: Create Compromise  
Conflict Goal #4: Process Fights

12:00 pm  
Break

12:15 pm  
Question & Answers  
Film: Aftermath of a Fight or Regrettable Incident  
Conflict Goal # 5: Eliminate the Four Horsemen  
Film: Flooding & Ending Criticism  
Conflict Goal # 6: Develop Six Skills

2:00 pm  
Lunch

3:30 pm

## Enhance Friendship /Intimacy

Friendship Goal #1: Build Love Maps

Film: Building Friendship by Creating Love Maps

Brief Question & Answers

Enhance Friendship Goal #2: Turn Toward: The Stress-Reducing Conversation

Film: The Stress Reducing Conversation

Brief Question & Answers

4:00 pm

## Create Shared Meaning

Create Shared Meaning: Goal #1: Build Rituals of Connection

Film: Building Shared Meaning System

Brief Question & Answers

4:45 pm

Create Shared Meaning: Goal #2: Create Shared Purpose in Life Together

Film: Creating Shared Meaning

Brief Question & Answers

5:30 pm

Break

5:45 pm

## Process Of The Therapy

Structure of a Session

What the Therapist Can Say

6:15 pm

Summary

6:30 pm

What's Next

Additional Training

Questions & Answers

7:00 pm

## End of Day 2

Times listed above are estimates.

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