

Principle Skills Relationship Center

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Gottman Level 2 Agenda

Day 1

10:00 am

Introductions

Orientation to Level 2 Workshop and Manual

10:10 am

Basics Of Observation

Emotions in the Face

Tension in the Voice

The Words Themselves

10:30 am

Bids and Turning

Introduction

Film: Spain without Interest, Bread with Interest

Film: Greg and Jennie

10:45 am

Session 1: Assessment

Overview

Couple's Narrative - Oral History Interview

Film: Oral History Interview Samples

11:15 am

Evaluation Conflict And Repair

Setting up a Conflict Discussion

Evaluating Conflict

Gridlocked Conflict

Repair

Videotaping and Physiological Flooding

Session 1: Putting It All Together

Film: Initial Session – Michael & Trudi

12:00 pm

Break

12:15 pm

Group Role Play Practice – Oral History

Questions & Answers

Session 1: Individual Interviews

Presentation

Film: Assessment Individual Session – Michael & Trudi

Questions & Answers

1:00 pm

Assessment Questionnaires & Scoring

Scoring Summary Sheet

Questions & Answers

1:30 pm

Section 3: Giving Feedback & Treatment Planning

Overview

Feedback Benchmarks

2:00 pm

Lunch

3:30 pm

Clinician's Checklist for Relationship Assessment

100 hours form

Sound Relationship House

Questions & Answers

4:45 pm

Role Play

Demonstration

Group Role Play Practice

Question & Answers

5:30 pm

Break

5:45 pm

Intervention – Overview

General Benchmarks for All Interventions

Three Qualities Every Therapist Needs

Questions & Answers

Gentle Start Up

Questions & Answers

6:15 pm

Case Introduction

Introducing Steve and Crysta

Steve and Crysta's Scoring Summary Sheet

Film: Family Dinner

6:30 pm

The Four Horsemen

Lecture

Film: Four Horsemen Examples

Intervention benchmarks

Questions & Answers

7:00 pm

End of Day 1

Day 2

10:00 am

Flooding

Lecture

Intervention benchmarks

Film: Flooding & Soothing – Gina & Dave

Questions & Answers

Group Role Play Practice

Questions & Answers

10:30 am

Gottman-Rapoport Intervention

Lecture

Film: Gottman-Rapoport Intervention

Questions & Answers

11:00 am

Dan Wile Intervention

Lecture

Film: Dan Wile Intervention

Questions & Answers

Group Role Play Practice

Questions & Answers

11:30 am

Internal Working Model

Lecture

Film: Internal Working Model

Questions & Answers

12:00 pm

Break

12:15 pm

Compromise

Lecture

Intervention benchmarks
Film: Compromise
Questions & Answers
Group Role Play Practice
Questions & Answers

2:00 pm

Lunch

3:30 pm

Dreams Within Conflict

Intervention benchmarks
Film: Dreams Within Conflict
Questions & Answers
Group Role Play Practice
Questions & Answers

4:15 pm

Aftermath Of A Fight Or Regrettable Incident

Describe Intervention
Film: Aftermath Of A Fight
Questions & Answers
Group Role Play Practice
Questions & Answers

5:30 pm

Break

5:45 pm

Overview: Friendship & Romance

Friendship Interventions
Turning Towards Exercises

6:15 pm

Working On Fondness & Admiration

"I Appreciate" Adjective Checklist
Describe intervention
Film: Working on Fondness & Admiration

7:00 pm
End of Day 2

Day 3

10:00 am

Stress Reducing Conversation

Describe intervention

Film: Stress Reducing Conversation

Questions & Answers

Group Role Practice

Questions & Answers

11:00 am

Creating Shared Meaning & Build Rituals Of Connection

Describe intervention

Film: Rituals of Connection

Questions & Answers

12:00 pm

Break

12:15 pm

Relapse Prevention

Dealing With Affairs

Presentation and Case Study

Questions & Answers

2:00 pm

Lunch

3:30 pm

Dealing With Addiction

Lecture

Questions & Answers

Dealing With PTSD

Presentation

Questions & Answers

5:30 pm

Break

5:45 pm

Dealing With Domestic Violence

Research review, CTAV and Presentation

Film: Pitbulls

Film: Cobras

Film: CTAV Collage

Questions & Answers

6:30 pm

Summary

Questions & Answers

7:00 pm

End of Day 3

Times listed above are estimates.

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