

**PROGRAMMA: Gottman Method Couples Therapy: A New Research-Based Approach
Level 1 Bridging the Couple Chasm**

Literatuur: Alle deelnemers ontvangen op dag 1 de Level 1 Training Manual van het Gottman Instituut. Het handboek telt 350 pagina's en is verplicht.

Boventallige literatuurlijst:

The Marriage Clinic Casebook – Julie Gottman
The Marriage Clinic – John Gottman
The Clinical Handbook of Couple Therapy – Alan Gurman
Emotion-Focused Therapy – Susan Johnson
And Baby Makes Three – John Gottman and Julie Gottman
The Relationship Cure – John Gottman
After the Fight – Dan Wile
When Men Batter Women – Jacobson & Gottman

Docent: Julie Sharon-Wagschal is psycholoog en tevens gecertificeerde Gottmantherapeut en Gottman Level 1 docent. Zij is als enige in Europa bevoegd om deze opleiding te geven. Ze is lid van NIP, RBCZ en AbvC en voert een eigen praktijk in Amsterdam waar zij zich richt op relatieproblematiek. Zie: www.balanceyou.net

Programma:

DAY 1 (in total 6 hours)

START 9:30

SECTION 1: RESEARCH & THEORY

- The Need for Theory p. 1-1 - 1-7
- What is Different About Gottman Method Couples Therapy? p. 1-7 – 1-8
- What is Our Focus? p. 1-8 – 1-9
- Our Research Methods p. 1-10 – 1-16
- What is “Dysfunctional” When A Relationship is Ailing: Myths and Truths p. 1-17 – 1-25
- The “Four Horsemen of the Apocalypse” p. 1-25
- What is “Dysfunctional” in Relationships? p. 1-17 – 1-25
- What is “Functional” When A Relationship is Going Well? p. 1-25 - 1-28

BREAK 11:00-11:15

- The Sound Relationship House p. 1-32
- The Seven Components of the Sound Relationship Theory p. 1-33 – 1-37
- Three Domains p. 1-37

SECTION 2: ASSESSMENT: OVERVIEW

- When is Couples Therapy Contra-Indicated? p. 2-1 – 2-4
- What is the Nature of the Couple's Friendship? p. 2-5
- What Kind of Sentiment Override is There? p. 2-7

- What is the Nature of Conflict and Its Regulation? p. 2-9
- In What Ways Are They Able to Honor One Another's Life Dreams And Create Shared Meaning? p. 2-11

LUNCH 12:30- 14:00

SECTION 3: ASSESSMENT

- Summary p. 3-1
- The Oral History Interview p.3-9
- The First Assessment Session: Sampling Couple Conflict Interaction p. 3-15

SECTION 4: ASSESSMENT: WRITTEN QUESTIONNAIRES

- The Sound Relationship House Questionnaires p. 4-7 – 4-15
- The Gottman 19-Areas Checklist for Solvable and Perpetual Problems p. 4-17 – 4-26
- The Three “Detour” Scales p. 4-27 – 4-32
- Additional Questionnaires p. 4-33 – 4-41

SECTION 5: ASSESSMENT SESSIONS 2 & 3

- Session 2: Individual Sessions – 5.1 (with some Q & A) p. 5-1 – 5-2
- Session 3: Conjoint Session – 5.2 (with some Q & A) p. 5-2
- The Importance of the Therapeutic Alliance with Both Spouses p. 5-4
- Clinician's Checklist for Couple Assessment p. 5-4

BREAK 15:30

- Therapist describes the phases of assessment and treatment goal setting
- QUESTIONS & ANSWERS

END OF DAY 1 17:30

DAY 2 (in total 6 hours)

START 9:30

SECTION 6: INTERVENTION

- Intervention Assumptions, Overview, Goals p. 6-1 – 6-30
- Key Interventions - Overview 3

CONSTRUCTIVE CONFLICT

- Conflict Goal #1 : Understanding - Rapoport Intervention – 6.4.1 4 6-31 – 6-40
- FILM: Modified Rapoport Intervention. The Blueprint for making conflict constructive

BREAK 10:40-11:00

CONSTRUCTIVE CONFLICT (continued)

- Conflict Goal #2: Eliminate the Four Horsemen p. 6-41 – 6-46
- FILM: Flooding & Ending Criticism (Self-Soothing – Eliminate The Four Horsemen)
- Conflict Goal #3: Move From Gridlock to Dialogue p. 6-5
- FILM: Dreams Within Conflict
- Conflict Goal #4: Develop Six Skills p. 6-51 – 6-52
- Conflict Goal #5: Process Fights p. 6-55 – 6-62

QUESTIONS & ANSWERS

LUNCH 12:30-14:00

- FILM: Aftermath of a Fight or Regrettable Incident
- ## BUILD FRIENDSHIP/INTIMACY AND CREATE SHARED MEANING – 6.5

- Build Friendship Goal #1: Build Love Maps p. 6-63 – 6-66
- FILM: Building friendship by creating Love Maps
- Brief Q&A
- Build Friendship Goal #2: Turn Toward: The StressReducing Conversation p. 6-67– 6-72
- FILM: The Stress Reducing Conversation
- Brief Q & A
- Create Shared Meaning: Goal #1: Build Rituals of Connection p. 6-73 – 6-77
- FILM: Therapist Introduces Building Shared Meaning System
- Brief Q & A

BREAK 15:45-16:00

- Create Shared Meaning: Goal #2: Create Shared Purpose in Life Together p.6-77 3:30
- FILM: Creating Shared Meaning
- Brief Q & A

PROCESS OF THE THERAPY

- Structure of a Session
- What the Therapist Can Say p. 6-78 – 6-88

SUMMARY p. 6-87

WHAT'S NEXT: • Additional Training p. 7-1 - 7-10

QUESTIONS & ANSWERS

END OF DAY 2 17:30