

PROGRAMMA: Gottman Method Couples Therapy Level 2: Assessment, Intervention, and Co-Morbidities

Literatuur: Alle deelnemers ontvangen op dag 1 de Level 2 Training Manual van het Gottman Instituut. Het handboek telt 700+ 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 – Jonh Gottman
After the Fight – Dan Wile
When Men Batter Women – Jacobson & Gottman
What Predicts Divorce – Gottman
Hold Me Tight – Susan Johnson
Treating Trauma – Susan Johnson
Couples Therapy – Dan Wile
Emotions Revealed – Paul Ekman
Anger, The Misunderstood Emotion – Carol Tavris
Raising An Emotionally Intelligent Child – Gottman

Docent: Julie Sharon-Wagschal is psycholoog en tevens gecertificeerde Gottmantherapeut en Gottman Methode docent. Zij is als enige in Europa bevoegd om deze opleidingen 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 6,45 hours)

START 8:30

WELCOME & INTRODUCTIONS

- Welcome, introductions
- Orientation to Level 2 Workshop and manual

BASICS OF OBSERVATION

- Emotions in the Face Ch. 1
- Tension in the Voice Ch. 2
- The Words Themselves Ch. 3

BIDS AND TURNING Ch. 4

SESSION #1 – ASSESSMENT

- Overview Ch. 5
- Couple's Narrative - Oral History Interview Ch. 6
 - o Spirit of the Interview
 - o Content and Questions in the Interview

- o Coding Notes
- o OHI Benchmarks

EVALUATING CONFLICT AND REPAIR Ch. 7

- Setting up a Conflict Discussion
- Evaluating Conflict
- Gridlocked Conflict
- Repair
- Videotaping and Physiological Flooding

BREAK 10:20-10:35

SESSION #1 - PUTTING IT ALL TOGETHER

- FILM 04 – Initial Session – Michael & Trudi
 - o Couple’s Narrative
 - o Oral History Interview
 - o Conflict Discussion
- GROUP ROLE PLAY PRACTICE – Oral History Intv.
- Q&A

SESSION #2 – INDIVIDUAL INTERVIEWS Ch. 8

- Presentation

Assessment Questionnaires & Scoring Ch. 9

- Scoring Summary Sheet
- Q&A

LUNCH 12:05- 13:20

SESSION #3 – GIVING FEEDBACK & TREATMENT PLANNING Ch. 10

- Overview
 - Feedback Benchmarks
 - Clinician’s Checklist for Relationship Assessment
 - 100 hours form
 - Sound Relationship House – Go through the SRH with your couple
 - o SRH notes
 - FILM 06– Masters & Disasters
 - o Love Maps o Fondness & Admiration
 - o Turning Toward
 - o Positive Sentiment
 - o Managing Conflict (Gridlock & Dialogue, Solvable Problems)
 - o Honoring Dreams o Create Shared Meaning
 - Q&A
 - 05:00 ROLE PLAY DEMONSTRATION – Feedback Session
- ROLE PLAY PRACTICE – Feedback Session
- Q&A

BREAK 15:05-15:20

INTERVENTION – OVERVIEW Ch.11

- General Benchmarks for All Interventions
- Three qualities every therapist needs: perception, empathy, creative intervention

Q&A

Gentle Start Up

CASE INTRODUCTION

- Introducing Steve and Crysta
- Steve and Crysta's Scoring Summary Sheet
- FILM 07 – Family Dinner
- THE FOUR HORSEMEN
- Lecture
- FILM 08 - Four Horsemen Examples
- Intervention benchmarks
- Q&A

END OF DAY 1 17:30

DAY 2 (in total 6,45 hours)

START 8:30

FLOODING

- Lecture
- Intervention benchmarks • 02:00
- Q&A
- GROUP ROLE PLAY PRACTICE – Flooding

Q&A

GOTTMAN-RAPOPORT INTERVENTION

- Lecture
- Q&A
- GROUP ROLE PLAY PRACTICE – Gottman-Rapoport

Q&A

BREAK 10:30-10:45

DAN WILE INTERVENTION

- Lecture
- Q&A
- GROUP ROLE PLAY PRACTICE – Dan Wile

Q&A

INTERNAL WORKING MODEL

- Lecture
- Q&A

LUNCH 12:00- 13:15

COMPROMISE

- Lecture
 - Intervention benchmarks
 - Q&A
- GROUP ROLE PLAY PRACTICE - Compromise
Q&A

DREAMS WITHIN CONFLICT

- Intervention benchmarks
 - Q&A
- GROUP ROLE PLAY PRACTICE – Dreams W/I Conflict
Q&A

BREAK 15:05-15:20

AFTERMATH OF A FIGHT OR REGRETTABLE INCIDENT

- Describe intervention
 - Q&A
- GROUP ROLE PLAY PRACTICE – Aftermath of a Fight
Q&A

OVERVIEW: FRIENDSHIP & ROMANCE

- Friendship Interventions
- Turning Towards Exercises

WORKING ON FONDNESS AND ADMIRATION

- “I APPRECIATE...” ADJECTIVE CHECKLIST
- Describe intervention

END OF DAY 2 17:30

DAY 3 (in total 6,45 hours)

START 8:30

STRESS REDUCING CONVERSATION

- Describe intervention
 - Q&A
 - GROUP ROLE PLAY PRACTICE – Stress Reducing
- Q&A

CREATING SHARED MEANING AND BUILD RITUALS OF CONNECTION

- Describe intervention

- Q&A
- RELAPSE PREVENTION

BREAK 10:00-10:15

DEALING WITH AFFAIRS Ch. 13

- Presentation and Case Study
- Q&A

LUNCH 11:45- 13:00

DEALING WITH ADDICTION Ch. 13

- Lecture
- Q&A

DEALING WITH PTSD Ch. 13

- Presentation
- Q&A

BREAK 15:20-15:35

DEALING WITH DOMESTIC VIOLENCE Ch. 13

- Research review, CTAV, and Presentation
- FILM 19 - Pitbulls
- FILM 20 - Cobras
- Q&A

END OF DAY 3 17:30