

# LEVEL-II GOTTMAN COUPLES THERAPY ASSESSMENT, INTERVENTION & CO-MORBIDITIES WORKSHOP AGENDA

## DAY ONE

### INTRODUCTION & OBSERVATIONS

- Three qualities every therapist needs: perception, empathy, creative intervention

### BASICS OF OBSERVATION

- Emotions in the human face
- Tension in the voice
- The words themselves
- Dissociating behavior
- SPAFF Test tape

### BIDS AND TURNING

- Overview and Research Demonstration Film

### ASSESSMENT OVERVIEW

- First session: Narrative, Oral History Interview, Conflict Evaluation
- Second session(s): Individual interviews
- Third session: Summary and treatment planning

### FRIENDSHIP PROFILE: ORAL HISTORY INTERVIEW

- The spirit and content of the interview
- Questions in the interview
- Coding notes
- OHI demonstration film

### FRIENDSHIP PROFILE: MEANING AND META-EMOTION

- The Meaning Interview
- Meta-Emotion Interview
- Meta-Emotion Demonstration Film

## CONFLICT PROFILE

- Setting up and evaluating conflict discussion
- Symbolic conflict (role play)
- Repair
- Video-taping and physiological reading

## PUTTING IT ALL TOGETHER - CLIENT SESSION #1

- Demonstration Film
- Role-play Assessment Session 1

## CLIENT SESSION #2 - INDIVIDUAL INTERVIEW

- Overview and Demonstration Film

## GOTTMAN METHOD CORE ASSESSMENTS

- Clinicians' Checklist for Relationship Assessment
- Locke Wallace
- Weiss Cerretto
- Gottman Sound Relationship House Questionnaires
- Gottman 18 Areas Checklist
- Emotional Abuse Questionnaire (EAQ)
- SCL-90
- Conflict Tactics Scale - 2
- Supplemental Assessments

## DISCUSSION, QUESTION & ANSWERS WITH DRS. JOHN & JULIE GOTTMAN

## DAY TWO

## CLIENT SESSION #3 - SUMMARY AND TREATMENT PLANNING

- Sound Relationship House - Review and summarizing for couples assessment
- Research Film - The Masters and Disasters of Marriage
- Making a Plan
- Demonstration Film - Treatment Plan

## INTERVENTION OVERVIEW

- Philosophy of the Therapy - Six assumptions
- Additional Minor Assumptions
- Seven Goals of Couples Therapy
- Recommended Structure of a Couples Therapy Session

## LIBRARY OF INTERVENTIONS - MANAGING CONFLICT

- Process - Didactic Description
- The Dreams-Within-Conflict Intervention:  
Presentation, Demonstration and Audience Participation in Interactive Role-Play Practice Session
- Label the Four Horsemen and Replace Them with Their Antidotes  
Presentation, Demonstration, Audience Participation in Interactive Role-Play Practice Session
- Stuck in Attack Defend Mode? Anotol Rapoport Antidote to Criticism  
Presentation, Film/Group Practice Session
- Attack Defend Mode? Softened Start-Up Exercise as Antidote to Criticism and Contempt  
Presentation, Film/Group Practice Session
- Dan Wile Exercise  
Presentation, Role-play demo, Q & A
- Dealing with DPA - Physiological Soothing to Deal with Flooding

## DISCUSSION, QUESTION & ANSWERS WITH DRS. JOHN & JULIE GOTTMAN

### DAY THREE

#### INTERVENTIONS - MANAGING CONFLICT

- Intervention: Attack Defend & Video Playback
- Intervention: Aftermath of a Fight  
Presentation, Demonstration Film, Audience Participation in Interactive Role-Play Practice Session
- Intervention: Anatomy of a Fight and Internal Working Model
- Intervention: Repair Checklist

### Steps Towards Compromise

- Presentation, Audience Participation in Interactive Role-Play Practice Session

### INTERVENTIONS - STRENGTHENING FRIENDSHIP AND ROMANCE

- Turn Towards: The Emotional Bank Account Behavior Exchange Combined with Love Maps Exercise
- Turn Towards and Create Shared Meaning; Rituals of Connection
- Initiating and refusing sex
- Presentation, Demonstration Film, Audience Participation in Interactive Role-Play Practice Session
- Turn Towards: Aftermath of Failed Bids Questionnaire; Minimizing Relapse

### INTERVENTIONS - MINIMIZING RELAPSE

- Turn Towards: The Emotional Bank Account/Stress-reducing Conversation
- Presentation, Demonstration Film, Audience Participation in Interactive Role-Play Practice Session
- Marital Poop Detector

### DISCUSSION, QUESTION & ANSWERS WITH DRS. JOHN & JULIE GOTTMAN

## DAY FOUR

### CO-MORBIDITIES

- PTSD Case Study: Presentation, Film, Discussion
- Affairs Case Study: Presentation, Film, Discussion
- Domestic Violence Case Study: Presentation, Film, Discussion
- Depression: Presentation & Discussion
- Addictions: Presentation & Discussion

### CASE CONSULTATIONS

### GROUP DISCUSSION, QUESTION & ANSWERS WITH DRS. JOHN & JULIE GOTTMAN