

OVERVIEW OF GOTTMAN METHOD COUPLES THERAPY

The Gottman Method Couples Therapy is based on Dr. John Gottman's research that began in the 1970s and continues to this day. The research has focused on what makes relationships succeed or fail. From this research, Drs. John and Julie Gottman have created a method of therapy that emphasizes a nuts-and-bolts approach to improving clients' relationships.

This method is designed to help teach specific tools to deepen friendship and intimacy in your relationship. To help you constructively manage conflicts, you will be given methods to manage resolvable problems and to sustain dialogue about gridlocked (or perpetual) issues. We will also work together to help you appreciate your relationship's strengths and to gently navigate through its vulnerabilities.

Gottman Method Couples Therapy consists of five parts:

- Assessment
- Treatment
- Out-of-Therapy
- Termination
- Outcome Evaluation

Early in the Assessment phase you will be given some questionnaires to complete that will help us better understand your relationship. In the first session we will talk about the history of your relationship, areas of concern and goals for treatment.

In the next session of the Assessment phase I will meet with each of you individually to learn your personal histories and to give each of you an opportunity to share thoughts, feelings and perceptions. In the final session of Assessment, I will share with you my recommendations for treatment and work to define mutually agree-upon goals for your therapy.

Most of the work of Treatment will involve sessions in which you will be seen together as a couple. However, there may be times when individual sessions are recommended. I may also give you exercises to practice between sessions.

The overall length of therapy will be determined by your specific needs and goals. Before going Out of Therapy, we will establish points at which to evaluate your satisfaction and progress. Importantly, I will encourage you to raise any questions or concerns that you have about therapy at any time.



In the later stages of Treatment we will meet less frequently in order for you to test newly refined relationship skills and to prepare for Termination of therapy. Although you may terminate therapy whenever you wish, it is most helpful to have at least one session together before Termination to summarize progress, define the post-Termination work that remains, and to say good-bye.

In the Outcome Evaluation phase of the Gottman Method, four follow-up sessions are planned: one each at six-months, 12 months, 18 months and two years following Termination. These sessions have been shown through research to significantly decrease the changes of relapse (or falling back into unhelpful relationship patterns). In addition, my commitment to providing the best possible therapy for you requires ongoing evaluation of methods being applied and of client progress. The key purposes of these follow-up sessions will be to fine-tune any of your relationship skills, if needed, and to evaluation the effectiveness of therapy you have received.

ASSESSMENT FEES

Session #1: Joint Intake Interview	75-90 minutes
Session #2: Individual Interviews	35-40 minutes each
Session #3: Treatment Planning	75-90 minutes

SIGN & DATE

Client _____

Date _____

Client _____

Date _____