

Gottman Method Therapy: Level 3
October 3-5, 2019 (Thursday-Saturday) 8:30 am-5 pm
UPM Plaza, Suite 230
3000 NW Stucki Avenue
Hillsboro, Oregon 97220
Jack Crossen, PhD

Course Description:

- Small group setting using demonstration, role-plays and feedback to refine case formulation and clinical process using the Gottman method.
- Video sessions of real couples, guided role-plays, and nuanced discussion to clarify implementing various Gottman method skills.
- Demonstration and Q & A for working with resistance and co-morbidities of couples.
- Learning in a professional, safe and secure environment (20 CE credits available).

Learning Objectives:

- Use the Oral History Interview during assessment of a couple
- Assess a couple and develop a therapy plan using Sound Relationship House theory
- Help couples recognize the “Four Horsemen” and substitute antidotes
- Develop skill intervening when flooding occurs in a couple in therapy sessions
- Identify and apply appropriate tools for deepening couples’ Friendship System
- Assist couples to clarify and address solvable, perpetual and gridlocked conflicts
- Apply “Dreams Within Conflict” to elicit hope and to transform perpetual conflict
- Resolve lingering negative experiences with Aftermath of Regrettable Incident
- Facilitate solving problems by applying “Compromise Ovals”
- Sensitively recognize and intervene when co-morbidities hamper emotional closeness and conflict management

Training Prerequisites

- Master’s or doctoral degree OR current graduate enrollment in mental health field
- Completed Level 1 Live Training or DVD Home study (**Documentation required**)
- Completed Level 2 Live Training or DVD Home study (**Documentation required**)
- Therapy experience highly recommended, but not required

Registration Fee: \$950.00 (Student discount 10%, Refresher and Payment plans available)

Workshop Presenter: Dr. Crossen is a Master Gottman Trainer since 2015 and has practiced psychology in Oregon since 1986. He has trained post-doctoral psychologists, taught graduate students, published research, and provided clinical services. He has been a Certified Gottman Therapist since 2008 and has assisted Drs. John and Julie Gottman at multiple couples’ workshops. Since 2012 he has been a Certified Leader of the Art and Science of Love Workshop.