

Gottman Method Therapy: Level One – Bridging the Couple's Chasm

🔗 Course Description:

When couples enter the therapy office, they feel frustrated and distressed. They look to the clinician to help them with chronic conflicts and hope to build new bridges in their relationship. This clinical training is based on 40 years of research by Dr. John Gottman and colleagues with over 3,000 couples. You will learn a practical and highly effective approach to restoring emotional connection across the chasm that divides couples. This evidence-based model guides couples in managing their conflicts, deepening their friendship & intimacy, and creating meaning in their relationship. Applied by clinicians in various disciplines, research has validated the Gottman Method with couples of diverse ages, ethnic backgrounds and sexual orientations.

Participants will receive a 300-page clinical manual:

It features relationship assessments and clinical interventions to help couples strengthen:

- 🔗 The Friendship System – the foundation for intimacy, passion, and good sex
- 🔗 The Conflict Management System – the basis for helping manage problems and differences
- 🔗 The Shared Meaning System – the existential foundation of the relationship that helps couples fulfill their dreams and move toward their shared purpose in life together



Jack Crossen, PhD

Master Trainer:

Dr. Crossen has been a Certified Gottman Therapist for couples since 2008, and has been a Master Gottman Trainer for therapists since 2015, including the Certification Track. He has assisted Drs. John and Julie Gottman at multiple couples' workshops, and since 2012 he has been a Certified Leader of the Art and Science of Love Workshop. He has practiced psychology in Oregon since 1986. Passions are playing tennis (especially singles and mixed-doubles) and reading historical mysteries.



Continuing
Education
Credits
Offered

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February 21 and 28, 2020

(Two Consecutive Fridays)

9 am - 5 pm

205 Business Center:
Northwest Catholic Counseling Center
8383 NE Sandy Blvd,
Portland, Oregon 97220

Learning Objectives and Outcomes:

In this clinically oriented and evidence-based two-day clinical training, participants will learn:

- New assessments and effective interventions to help understand couples' struggles
- Research-based strategies and tools to help couples successfully manage conflict
- Skills that empower couples to dialogue about their worst gridlocked issues
- Ways to help couples uncovering their underlying dream and values
- Methods to help couples process their fights and heal their hurts
- Techniques for couples to deepen their intimacy and minimize relapse