

# Gottman Method Therapy: Level 2: Assessment, Intervention, Co-Morbidities

## Course Description:

**Level 2 Gottman Couples Therapy** provides advanced instruction about assessment and intervention by using video demonstrations and role-plays. This workshop uses modeling and feedback to broaden and deepen skills of Gottman therapy. The goals are therapist competence and confidence.

**Up to 20 CE hours.**

**Unlimited opportunities to retake Level 2 with Dr. Jack.**




### Workshop Cost

\$775 Level Two registration before April 21 (Student: \$600)  
\$800 Level Two registration after April 21 (Student: \$650)

**Customized payment plans available.**

Participants will receive a 500-page clinical manual:

It contains the core Gottman Method Couples Therapy assessments and clinical interventions. Includes:

-  The Friendship Profile, Conflict Profile and Shared Meaning Profile.
-  Locke-Wallace, Weiss-Cerretto, Gottman Sound Relationship House and other assessments.
-  Information on addressing issues of affair, domestic violence, addictions and trauma.

  
April 3, 10 & 18, 2020

(3 Consecutive Fridays)

**8:30 am - 5 pm**

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

## Learning Objectives and Outcomes:

Internalize and integrate the powerful, research-based Gottman Method Assessment and Intervention techniques

- Refine clinical skills and expand strategies and interventions with couples by observing and analyzing therapy videos.
- Differentiate when to use Gottman therapy and when it is contraindicated.
- Assess the couples profiles and provide therapy-relevant help in domains of Friendship, Conflict Management and Creating Meaning.
- Practice guiding antidotes to the Four Horsemen. Help couples de-escalate Attack/Defend, soothe physiological flooding, develop dialogue about their grid-locked conflicts, and deepen their Friendship System with rituals of connection.
- Recognize five different co-morbidities and identify appropriate treatment strategies for each.



**Jack Crossen, PhD**

Master Trainer:



Continuing  
Education  
Credits  
Offered

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.

**L2**

**LEVEL 2 CLINICAL TRAINING**  
**GOTTMAN METHOD COUPLES THERAPY**  
Assessment, Intervention, and Co-Morbidities

*"Jack is an excellent teacher with a warm, supportive presence, wonderful sense of stories that highlighted so many key points!"*