

Gottman Level 2 Training Details Flyer

1. Course description

Level 2 Clinical Training Gottman Method Couples Therapy: Assessment, Intervention and Co-Morbidities

At the completion of Level 2, you should have the clinical familiarity, knowledge and resources to integrate Gottman Method Couples Therapy assessments and intervention into your practice.

You will learn Assessment skills, including:

- How to assess the quality of a couple's friendship, romance and passion using Gottman Method Assessments;
- How to assess the effectiveness of a couple's management of conflict and what key areas need improvement, and
- How to evaluate a couple's ability to create shared meaning and honor each other's dreams.
- How to provide assessment feedback to the couple and share a treatment plan

You will be able to use research-based interventions to strengthen your couple's skills with interventions, including:

- How to interrupt the Four Horsemen in order to have a more constructive dialogue;
- How to physiologically self-soothe in order to prevent escalated quarrels;
- How to avoid "Attack-Defend" cycles in order to listen, and
- How to help couples dialogue about their grid-locked conflicts, rather than avoid them.

You will be able to help your couples deepen their connection by:

- Helping them create rituals of connection, and
- Guiding them to create a system of shared values and meaning.

And for the more difficult couples, you'll be aided to:

- Identify, assess and provide intervention for at least five different co-morbidities common to couples, including affairs, PTSD, domestic violence, and addiction.

2. Presenter bio:

Dr. John "Jack" Crossen

Ph.D. 1985 University of New Mexico, Clinical Psychology

Post-doctoral Residency: 1985-87 Oregon Health & Science University (OHSU)

1987-present: OHSU faculty member, research, teaching, consulting, private practice

It is very gratifying to help couples and therapists benefit from Gottman research through therapy and workshops. In 2008 I became certified in Gottman Method Couples Therapy, and soon after was certified to offer Art and Science of Love workshops and Seven Principles workshops. Since 2015 I have been a Master Trainer in all levels of Gottman therapy. Having worked at Oregon Health & Science University, Portland State University and in community practice, I have a special bond with those working in health care, biomedical research and teaching professions.

Finally, I am very grateful for collegial relationships developed during my training and consulting using Gottman Method Therapy. My motivation is to share the sensitivity, support and encouragement I have experienced at The Gottman Institute. My goal is to bring such empathy to training therapists who are expanding their own clinical proficiencies using the Gottman approach to therapy with couples.

3. Target audience

This training is designed for therapists in various disciplines who work with couples, including psychologists, counselors, social workers, mental health nurse practitioners, pastoral counselors, and other licensed/certified professionals.

4. The course content level

This course content is considered Intermediate and requires the prerequisite completion of Gottman Level One Training.

5. Agenda

December 10, 2020 11:30 AM – 1:00 PM Pacific Time

- Basic Observations
- Bids and Turnings
- Oral History Interview
- Conflict Conversation
- Individual Interviews
- Questionnaires
- Q and A

December 10, 2020 3:30 AM – 4:30 PM Pacific Time: Feedback/Plan with live demo

- Role Play 1: Feedback and Therapy Plan
- Q and A

December 11, 2020 9:00 AM – 10:30 AM Pacific Time: Conflict Management

- Softened Startup; Four Horsemen; Flooding
- Role Play 2: Gottman-Rapoport
- Role Play 3: Dan Wile
- Role Play 4: Internal Working Model
- Q and A

December 11, 2020 3:00 PM – 4:30 PM Pacific Time: Conflict Management

- Softened Startup; Four Horsemen; Flooding
- Role Play 5: Compromise
- Role Play 6: Dreams Within Conflict
- Role Play 7: Aftermath of a Fight/Regrettable Incident
- Q and A

December 12, 2020 11:30 AM – 1:00 PM Pacific Time: Friendship and Shared Meaning

- Adjective Checklist
- Stress Reducing Conversation
- Rituals of Connection
- Relapse Prevention
- Q and A

December 12, 2020 3:00 PM – 4:30 PM Pacific Time: Co-Morbidities

- Affairs
- Addiction
- PTSD
- Domestic Violence
- Q and A
- Role Play 1: Feedback and Therapy Plan
- Q and A
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6. Course objectives (at APA/ASWB standards) [3 every 4 hours].

1. Describe the three qualities every therapist needs.
2. Explain the basics of observation including why it's important to recognize Emotions on the Human Face, Tension in the Voice, the Importance of Words and the use of the SPAFF coding system.
3. Describe the seven levels of the Sound Relationship House theory.
4. Describe how to recognize Bids and Turning Towards.
5. Explain and demonstrate how to conduct an Oral History Interview.
6. Assess a couple's "Friendship Profile," "Conflict Profile," and "Shared Meanings Profile".
7. Explain and demonstrate how to use the 3 profiles to choose appropriate interventions for the couple.
8. Describe the use of the core assessments with couples, including the Locke-Wallace, Weiss-Cerretto, Gottman Sounds Relationship House Questionnaires, Gottman 19 Areas Checklist, EAQ, SCL-90, Detour Scales, CAGE, b-MAST, and Supplemental Assessments.
9. Formulate a treatment plan and present it to the couple including using the Sound Relationship House model.
10. Develop interventions that couples can use as antidotes to the "Four Horsemen."
11. Help couples to physiologically soothe when flooded.
12. Select and implement interventions to help deal with conflict.

13. Apply different modes of changing the “Attack/Defend System” in a couples interaction.
14. Assist couples to establish dialogue about their grid-locked conflicts.
15. Select and implement interventions to help couples deepen their “Friendship System” with Rituals of Connection.
16. Select and implement interventions to help couples create a shared system of values and meaning.
17. Use and describe the Stress-Reducing Conversation to minimize relapse.
18. Identify and formulate a plan for different co-morbidities common to couples using Gottman Method Couples Therapy Assessment and Intervention.
19. Describe how to apply Gottman Method Couples Therapy to a couple who has experienced an affair.
20. Describe when it is appropriate and inappropriate to use Gottman Method Couples Therapy with a couple dealing with substance abuse.
21. Describe the differences between situational and characterological domestic violence and when it is appropriate and inappropriate to use Gottman Method couples therapy with a couple dealing with domestic violence.

7. CE language/# of CE credits available

This training provides 20.25 Continuing Education Credits. Participants in this training will be expected to complete a written competency examination.

8. Location/Date(s)/Time

The interactive webinar dates are December 10, 11 and 12, 2020 for this Webinar Level Two Gottman Therapy Training. The format is flexible for participants to view the recorded Level Two videos presented by Drs. John and Julie Gottman. The scheduled Webinar Sessions are conducted as online interactive webinars using Zoom by Dr. Jack Crossen at specific times on December 10, 11 and 12 to review and practice topics as indicated above for each date. Participants will find that viewing the recorded videos and pdf Manual sections in advance of the webinar sessions prepares them to achieve the Course Objectives, however, this is not a strict standard.

- Participants view the videos and pdf Manual sections on their own time
- Video access never expires and can be viewed on demand
- PDF copy of manual access is provided online and can be printed
- PDF manual pages can be printed for use with couples
- You will have access to Dr. Crossen in the webinar sessions
- Practice time involving role-plays is reserved in webinar sessions
- Each participant may schedule a 50-minute 1:1 consult before 2/28/21
- You are invited to email Dr. Crossen with questions: 12/2020 - 2/28/21
- Free CE’s are provided after completion of the Assessment of Knowledge at the end of the online videos. (20.25 Continuing Education Credits)

9. Costs/registration information

Early Registration before December 4, 2020:	\$700
Standard Registration after December 4, 2020:	\$750

10. Cancellation policy

Each registration is subject to a non-refundable \$50 processing fee. A partial refund less the \$50 fee must be requested within 48 hours of registration for this workshop. There will be absolutely NO REFUNDS once the presenter has purchased the online course for the participant with the access code from The Gottman Institute.

11. Webpage link for information and registration

Additional information and registration links are found at Couplesdoingbetter.com

12. How certificates will be available after the course.

Following completion of the course an online link will be provided for purchasing and obtaining CE credits from R. Cassidy Seminars. See below for sample.

Certificates are available following course completion at www.ceuregistration.com

13. There must be a disclosure statement.

There is no conflict of interest or commercial support for this program