

I completed the level 1 and level 2 and level 3 practicum Training in Gottman Method Couples Therapy. I Offer ongoing relationship counseling using the leading edge models of treatment based on solid research such as the Gottman method of therapy developed by Drs. John and Julie Gottman and Emotion Focused couples therapy developed by Dr. Sue Johnson. In addition each counselor draws from other effective approaches to address specific topics such as trauma, violence, affair recovery, or other wellness and balance considerations.

WHAT IS GOTTMAN METHOD COUPLES THERAPY?

Gottman method couples therapy is based on over 40 years of research by [Drs. John and Julie Gottman](#) of the Gottman Institute in Seattle, Washington. Dr. John Gottman is a world-renowned relationship researcher whose comprehensive longitudinal research into what makes committed relationships work is unparalleled by any other researcher in the world. Based on their systematic groundbreaking observations of thousands of couples, Drs. John and Julie Gottman developed a simple, practical, and highly effective model for healthy relationships called the [Sound Relationship House](#), which is both easy to teach and implement in everyone's lives.



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Gottman's Sound Relationship House

Gottman Method couples therapy takes these four plus decades of research, the model, and converts it into a structured, transparent, effective method of couples therapy that

has been shown to improve relationships in [multiple research studies](#). While there are other couples therapy methods that are also based on relationship research and outcome studies, we believe none of them have the scientific backing, the structured and effective skill-building, and the practical tools and techniques that make Gottman Method couples therapy easy to understand and integrate into any committed intimate relationship.

WHAT HAPPENS DURING GOTTMAN METHOD COUPLES THERAPY?

When you request Gottman Method couples therapy, we will first get to know both of you and your relationship history using the Gottman scientific protocol for evaluating the strengths and challenges in a relationship. This includes a clinical interview where we trace the trajectory of your relationship history, a conflict sample where we understand what your communication skills and challenges are, a thorough online questionnaire that both partners complete from the Gottman Institute, and two individual meetings with each partner. Your counselor will then meet with both of you to share the relationship assessment based on the Sound Relationship House model and collaboratively arrive at a treatment plan that outlines the specific goals and outcomes that you wish to achieve. Following this treatment planning session, the counselor meets with the couple for approximately 6-12 sessions where they teach the couple specific Gottman conflict management, friendship, and shared meaning skills.

Gottman Assessment will be four sessions that are as follows:

The assessment process includes an interview tracing the trajectory of your relationship, observing how you interact especially during difficult discussions, scoring and analyzing your responses on a packet of surveys, and two individual sessions during which you will be able to talk about your own perspective and goals for your relationship.

During the feedback session, the counselor will review your assessment materials and provide detailed feedback on the strengths and challenges of your relationship. You will have the ability to ask questions and understand how your relationship maps on to the research model developed by the Gottman's which is called The Sound Relationship House. At the end of the feedback session, you will also receive some recommendations on what changes might be helpful to both of you in creating a flourishing relationship.

You will have the option to continue couples therapy using the Gottman method if you wish after the assessment process.

Partners seek counseling for a variety of reasons such as Communication issues, Conflict management, Parenting or collaborating as a team, Intimacy problems, Infidelity, Infertility, Recurring issues, Finances, Kids, Unsolvable conflict, Life goals/dreams, Past trauma, Considering separation/divorce, spiritual or personal identity crisis, transitions and losses.

If you are looking for couples therapy informed by solid research, systematic analysis and planning, and an organized approach to teaching skills or repairing dysfunctional patterns in relationships, you might be interested in Gottman Method couples therapy.

The Atibas Center for Relationships is the only support and counseling center in the area that offers cutting-edge research-based expertise in helping all kinds of relationships achieve their best possible potential.



<https://www.gottman.com> for more information.