

In this inspirational two-day workshop, you'll learn:

- New research-based 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 by uncovering their underlying dreams, history, and values
- Methods to help couples process their fights and heal their hurts
- Techniques for couples to deepen their intimacy and minimize relapse

You'll receive a 300-page Clinical Manual featuring new relationship assessment questionnaires and clinical interventions.

Clinicians who take this workshop will be equipped with new methods and tools to help couples break the cycle of criticism, defensiveness, contempt and stonewalling. Through demonstrations and films from the clinical office, you'll see how to apply the research-based principles and interventions of Gottman Method Couples Therapy to strengthen:

- The Friendship System - the building block for intimacy, passion, and good sex
- The Conflict System - The basis for helping couples manage solvable problems and understand and manage irresolvable differences
- The Shared Meaning System - the existential foundation of the relationship that helps couples create shared purpose in building a life together

For more information or to register online please visit:
www.sonomacouplesworkshops.com

Workshop Outline

DAY ONE (8:30 am to 5:00 pm)

The Research: What Makes Relationships Succeed or Fail?

- What is different about Gottman Method Couples Therapy
- What is dysfunctional about relationships when they are ailing
- The "Masters and Disasters" of relationships
- Negative and positive sentiment overrides
- Friendship, Intimacy, Positive Affect System
- The Sound Relationship House Theory

How to assess a relationship Using the Sound Relationship House theory

- Session 1: Oral interview
- Session 2 - Individual Sessions
- Session 3 - The Therapeutic Contract
- How to Use the Assessment Questionnaires
- Day One Conclusion - Q and A

DAY TWO (9:00 - 4:30 pm)

Introduction to Intervention: The Philosophy of the Therapy

- Assumptions of the Therapy
- Overview of the Therapy
- Goals of the Therapy

Conflict Management

- Rapoport Intervention and film
- Ending the Four Horsemen and film
- Dreams Within Conflict and film
- Aftermath of a Fight and film

Building Friendship and Shared Meaning

- Build Love Maps
- Turn Towards
- Build Rituals of Connection and film
- Create Shared Meaning and film

Process of the Therapy

- Structure of a Typical Session
- What the Therapist Can Say
- The Domino Theory of Emotion
- Day Two Conclusion - Q and A

Workshop Information

Location:

Angela Center
535 Angela Drive

Santa Rosa, CA 95403

Date: Friday, May 11 - Saturday, May 12, 2012

Registration Check-in: Friday, 8:00 - 8:30am

8:30am to 5:00pm, Friday

9:00am to 4:30pm, Saturday

How to Register:

By Web:

www.sonomacouplesworkshop.com/sCW_registration.php

Or you may pay by credit card online or send a check by mail to:

Sonoma Couples Workshops

1212 College Ave. Suite A

Santa Rosa, CA 95404

Make check payable to: Sonoma Couples Workshops
(Please write Level I on your check)

Registration Fee:

Early Registration: \$400 (on or before April 20, 2012)

Standard Registration: \$450 (After April 20, 2012)

Student & Intern Registration: \$350 with early registration only

Cancellation Policy: If you cancel prior to three weeks before the workshop date, a full refund minus a \$50 processing fee will be given. After the cut-off date, your fee can be applied to a future workshop.

ADA Accommodations:

Special needs? Please let us know how we can serve you.

Registration Form by Mail

Visa Mastercard Check (circle one)

Name: _____

Address: _____

Telephone #: (____) _____

Email: _____

Professional degree: _____ State: _____

Professional License #: _____

Amount Paid: \$ _____ Check #: _____

Credit Card Number: _____

Security Code: _____