

The Art & SCIENCE of Love

A Workshop for Couples

The Workshop Program

The Art and Science of Love Workshop is based on the work of John Gottman, Ph.D. Dr. Gottman has learned what really makes relationships work by studying and following over 3,000 couples in over 30 years of research. This workshop is designed to teach you exactly what successful couples do to foster romance and harmony in their relationships. During the first day, you will learn how to build fondness, admiration, and closeness in your relationship. On the second day, you'll work on conflict management while learning new and important communication skills. Couples work privately on exercises designed to address the challenges in their relationships. Certified Gottman therapists are available to support couples one-on-one with exercises. **While the nature of this workshop is psycho-educational, all information gathered from couples will be kept absolutely confidential. There is no group or public disclosure.**

Workshop Topics

The Five Basic Questions

- How is your marriage/ relationship doing?
- What makes relationships change, for better or for worse?
- If your relationship is in trouble, how can you turn it around?
- If your relationship is doing well, how can you ensure that it will continue to grow?
- As your relationship improves, how can you make changes last?

Assessing your Relationship

- Learn to recognize the *Four Horseman of the Apocalypse* and what to do if they are attacking your relationship
- Identify your relationship's specific strengths and how to build on these
- Learn about the effects of *physiological flooding* and how it may affect conflict resolution
- Learn small, easy steps that increase romance in your relationship

Build a "Sound Relationship House"

- Learn how *Love Maps* provide a solid foundation for your relational intimacy
- Use the *Foundness and Admiration System* to renew respect and care for one another
- Create an *Emotional Bank Account* that you can draw upon in times of stress
- Develop your problem-solving skills, including the four techniques of effective conflict resolution: *Softened Start-Up, Accepting Influence, Repair Work and De-escalation*
- Find out how you can make your dreams and aspirations come true for you, your partner, and your relationship



Who Should Attend

This workshop is designed to strengthen your marriage or relationship. If you have a strong relationship, this workshop will provide you with the insights and tools to make it a great one. If your relationship is distressed, then this two-day workshop will provide a road map for repair.

What You'll Learn

At the workshop, couples will learn how to:

- Foster respect, affection, and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict grid-lock
- Strengthen and maintain the gains in your relationship

Workshop Dates:

2009 Workshops **May 30 & 31, October 3 & 4**

2010 Workshops **Feb 13 & 14, June 12 & 13, Nov 6 & 7**

8:30 AM to 5 PM Registration and check-in: Saturday 8:00 am

Workshop Location:

Angela Center

535 Angela Drive

Santa Rosa, CA 95403

Cost of Workshop:

\$550 per couple For early registration 30 days before workshop

\$600 per couple For standard registration

Do not send cash

Make checks payable to Sonoma Couples Workshops

TO REGISTER:

PHONE: (707) 758-1147 or (707) 235-3423

FAX: (707) 843-5095

EMAIL: info@sonomacouplesworkshops.com

WEB: www.sonomacouplesworkshops.com

MAIL: Sonoma Couples Workshops
1212 College Avenue, Suite A
Santa Rosa, CA 95404

Standard Workshop procedure requires a brief interview of all attendees. This helps to ensure that attendees derive the maximum benefit from the workshop. Discounts for Mental Health Professionals and their partners may be available. Cancellation policy: Full refund minus \$50 processing fee if received on or before 3 weeks prior to the workshop. After that date, couples will receive full credit, good for 2 years, to attend future workshops sponsored by Sonoma Couples Workshops.

Registration Form for the weekend of:

Name	<input type="text"/>		
Partner's Name	<input type="text"/>		
Address	<input type="text"/>		
Telephone	<input type="text"/>		
Best time to call	<input type="text"/>		
E-mail	<input type="text"/>		
Payment Method (circle one)	<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Check		
Credit Card Number	<input type="text"/>		
Credit Card Exp. Date	<input type="text"/>		