

Title of the Program: Got Gottman? It's Not Just for Marriage!

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Summary: Drs. John and Julie Gottman are known for their research for what makes marriage work. These principles and practices are not just for marriage but ALL relationships and can be implemented to increase connection and heal with children, family, and friends. Walk out of this rapidly paced session with knowledge and tools to use personally and professionally!

Learning Objective:

1. Participants will gain knowledge regarding the relationship research of Dr. John Gottman
2. Participants will understand the Sound Relationship House and how it relates to all important relationships
3. Participants will understand the cross application of principles and exercises the Gottman Method to family counseling.

Measurable Outcomes:

1. Participants will be able to name the levels of the Sound Relationship House
2. Participants will be able to name the Four Horseman and their antidotes
3. Participants will understand the application and process of the Dream with in the Conflict for use with relationships including families.
4. Participants will understand the application and process of the Conflict Circles exercise

References:

Gottman, J. M., & Silver, N. (2015). *The seven principles for making marriage work: a practical guide from the country's foremost relationship expert*. New York: Harmony Books.

Gottman, J. M. (2015). *Principia Amoris: The New Science of Love*. New York, NY: Routledge.