

6 CEUs Approved by:

- UAMFT
- Utah Psychological Assoc
- Utah NASW
- .5 USOE Credit

FRIDAY, FEBRUARY 12, 2010

9 a.m. to 4:15 p.m.

Salt Palace Convention Center

100 South West Temple, Salt Lake City

Room 255 (North Side)

\$45 and lunch is included!

Tickets are available through all
SmithsTix outlets,

Online at www.smithstix.com,

Or by calling 1-800-888-TIXX
(801-467-8499 in SL County)

There are no added ticket fees for this event.

A Student Discount is available (\$20)

Visit www.utahmarriage.org and click
on Events for a list of Frequently
Asked Questions.

*Hosted by the Department of Workforce
Services & the Utah Commission on
Marriage in Conjunction with
Marriage Week USA
801-468-0043*



Dept of Workforce Services
UT Healthy Marriage Initiative
PO Box 140608
Salt Lake City UT 84114-0608

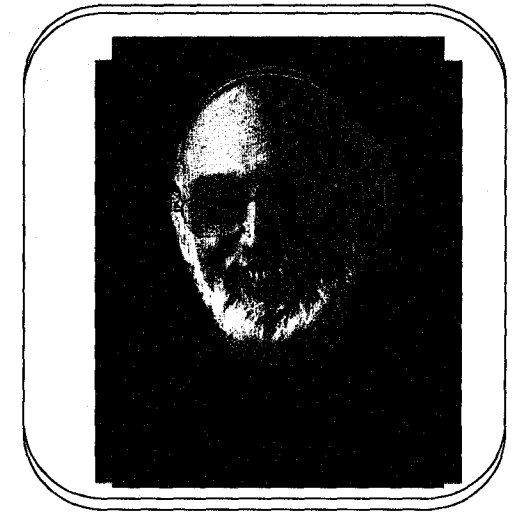
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The Dynamics of Gottman Couples Therapy:

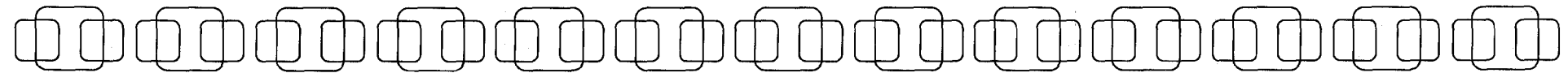
A Research-Based Approach

by Dr. John Gottman



*A one-day training workshop for
Therapists, Professional & Faith-based
Counselors, & Family Life Educators*

Friday, February 12th @ the Salt Palace
6 CEUs for only \$45!



In this compelling one-day clinical training workshop,

Dr. Gottman draws upon his 35 years of break-through research with more than 3,000 couples and shares his findings about what is true and not true about relationships. Dr. Gottman provides you with a research-based clinical roadmap for helping couples to compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams.

During this workshop you will learn:

- Critical clinical insights gained from longitudinal relationship research
- 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
- Techniques for couples to deepen their intimacy and minimize relapse

You will receive a workshop folder featuring selected Sound Relationship House Assessment Questionnaires and Clinical Interventions.

Clinicians who take this workshop will understand 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 will 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

Dr. John Gottman

is world renowned for his work on marital stability and divorce prediction, involving the study of emotions, physiology, and communication.

His 35 years of breakthrough research on marriage and relationships has earned him numerous major awards. In addition, Dr. Gottman was recently voted as one of the Top 10 Most Influential Therapists of the past quarter-century by the PsychoTherapy Networker publication.

Dr. Gottman is an emeritus professor of psychology at the University of Washington and founded what the media termed, "The Love Lab", where much of his research on couples' interactions was conducted. He is the author of 190 published academic articles and author or co-author of 40 books, including his NY Times best seller, *The Seven Principles for Making Marriage Work*.

Dr. Gottman, along with his wife, Dr. Julie Gottman, co-founded The Gottman Institute where they currently teach weekend workshops for couples and multi-level training workshops for clinicians. Dr. John Gottman is also the Executive Director of the Relationship Research Institute, which creates programs for new parents and treatments for domestic violence.

Dr. Gottman is in private practice in the Seattle area and sees couples for weekly and intensive marathon therapy sessions. He also provides intimate, small group couples workshop retreats on nearby Orcas Island.

He is a warm and entertaining speaker who is known for his humor, wisdom, and clarity and he enjoys the exchange with his audiences.