



Save the dates
May 20 – 21, 2011

*The Utah Association for Marriage and Family Therapy
Annual Spring Conference Committee is proud to host*

Drs. John AND Julie Gottman

PRESENTING THEIR ENTIRE LEVEL I WORKSHOP OVER 2 DAYS!

Level I: Bridging the Couple Chasm. Gottman Couples Therapy: A New Research Based Approach

This workshop is being offered at a *great* discount to mental health clinicians and professionals. UAMFT members will receive a *significant* discount. Watch www.uamft.org for details and pre-registration as soon as they are available. If you are not a member of UAMFT and want to be included in future emails regarding this workshop, please send contact info and/or questions to uamftadmin@gmail.com. This is a wonderful opportunity not only to receive such great training *for less*, but also to receive it from the *Gottmans themselves*.

Workshop Description

When couples enter the therapy office, they sting with pain and despair. They look to the clinician to referee chronic conflicts, fix their partners, and rebuild burned bridges. Now, based on Dr. John Gottman's 35 years of compelling research with over 3,000 couples, there's a practical and highly effective approach to guiding these couples across the chasm that divides them. In this workshop, Drs. John and Julie Gottman provide you with a research-based roadmap for helping couples to compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams.

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
- Techniques for couples to deepen their intimacy and minimize relapse

Workshop Objectives

Participants will be able to:

1. Summarize the research that allows prediction of future relationship stability with 94% accuracy
2. Describe the seven levels of the Sound Relationship House theory
3. Conduct a couple's therapy assessment using elements of the couple's narrative, the Oral History Interview, written questionnaires, observations of conflict, and individual interviews
4. Describe two interventions for each: to help strengthen a couple's management of conflict; to enhance a couple's friendship system; and to explore a couple's system of shared meaning.

**YOU'LL RECEIVE A 300-PAGE CLINICAL MANUAL FEATURING
NEW RELATIONSHIP ASSESSMENT QUESTIONNAIRES AND CLINICAL INTERVENTIONS!**

*For more in-depth info about this Level I Workshop, please visit www.gottman.com