

Level I

Bridging the Couple Chasm

Gottman Couples Therapy: A New Research-Based Approach

1

Section 6 Intervention

- Philosophy of the Therapy Assumptions: Our Dozen
- Overview of the Therapy
- Goals of the Therapy

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Section 6.1 – 6.3

PHILOSOPHY OF THERAPY A DOZEN ASSUMPTIONS

- Therapy is Primarily Dyadic
- Emotion is Central
- State Dependent Learning
- Strong Emotion and DPA
- Massing and Fading
- Affective Neuroscience & Emotion

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Section 6.5.1

PHILOSOPHY OF THERAPY A DOZEN ASSUMPTIONS

- Cognitive & Emotional Gender Differences
- The Role of Meta-Emotions
- Therapist's Role is not to Soothe
- Interventions Should Seem "Easy"
- Therapy as a Positive Affective Experience
- We're Not Idealistic about Marriage

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Section 6.5.1

OVERVIEW OF THERAPY

- Constructive Conflict
- Friendship/Intimacy/Positive Affect
- Shared Meaning/Life Vision

GOALS OF THERAPY

- Modify Conflict
- Enhance Relationship
- Create Shared Meaning

Key Interventions From The Gottman Library

- Rapoport Intervention
- Build Love Maps
- Eliminate the Four Horsemen
- The Stress-Reducing Conversation
- Dreams Within Conflict
- Build Rituals of Connection
- Six Social Skills
- Creating Shared Meaning
- Aftermath of a Fight

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MODIFYING CONFLICT INTERVENTIONS

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Conflict Goal #1
Understand the Partner's Point of View
Rapoport Intervention

- Postpone Persuasion Until Both People Can State Partner's Position to Partner's Satisfaction
- "What's This?" Mode vs. "What The Hell Is This?" Mode
- Speaker's Job — No Blaming, State Feeling, and Positive Need
- Listener's Job — Take Notes, Summarize, and Validate Speaker's Position, Ask Questions

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Section 6.4.1

Rapoport Intervention Film

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Conflict Goal #2
Eliminate the Four Horsemen

- Interrupt Four Horsemen
- Replace Each One with Antidote
- Criticism — Teach Gentle Startup
- Defensiveness — Teach Taking Responsibility
- Contempt — Build Culture of Appreciation
- Stonewalling — Self-Soothing

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Section 6.4.2

Flooding and Self-Soothing;
Eliminate The Four Horsemen
Film

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Conflict Goal #3
Move from Gridlock to Dialogue
Help the Partner Understand
the Underlying Dreams

- Getting at Underlying Dream or Meaning Behind Position on the Issue
- Speaker — State Position without Blame, with Depth
- Listener — Ask Questions about History, Meaning, and Dream within Partner's Position (Don't Try to Solve the Issue)

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Section 6.4.3

Dreams Within Conflict Film

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Conflict Goal #4
Develop Six Skills

1. Soften Start-Up
2. Accept Influence
3. Make Effective Repairs During Conflict
4. De-Escalate
5. Compromise
6. Physiological Soothing

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Section 6.4.4

Conflict Goal #5
Process Fights and
Regrettable Incidents

- Two Subjective Realities, Both Right
- Feelings List
- Validate Each Other's Realities
- Admitting Mode
- Triggers
- How to Make It Better Next Time

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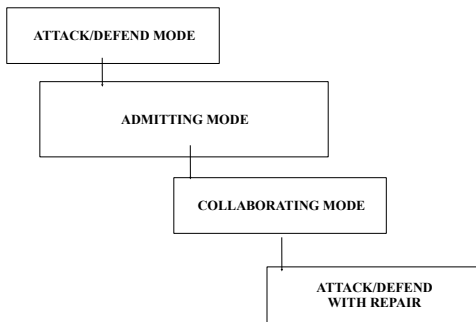
Section 6.4.5

Aftermath of a Fight Film

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DAN WILE INTERVENTION

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COUPLE ALWAYS HAS THREE CHOICES

- **AVOID:** CAN OR BECOME DEFENSIVE, WITHDRAW, PUSH DOWN FEELINGS, OR JUST TAKE CARE OF SELF
- **ATTACK:** CAN PHRASE ISSUE AS DEFICIT IN PARTNER
- **CONFIDE:** CAN TALK ABOUT HOW YOU ARE FEELING IN THE MOMENT.

THE ONE PAGE DAN WILE

- ALIENATION
- ADVERSARIAL--WITHDRAWN
 - FIGHT --- FLIGHT
 - ENEMY --- STRANGER
 - NSO
- BOTH ALWAYS MAKE SENSE
- "HIDDEN REASONABLENESS"
- COLLABORATION
- EMPATHIC
 - CONFIDE
 - ALLY
 - PSO

ENHANCING FRIENDSHIP INTERVENTIONS

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Friendship Goal #1
Build Love Maps

- Build Knowledge of Partner's Internal World
- Use Card Deck
- Guess Right Answer to Question on Each Card
- If Wrong, Partner Makes Gentle Correction
- Ask Open-Ended Questions

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Section 6.5.1

Build Love Maps Film

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Friendship Goal #2 Turn Towards: The Stress-Reducing Conversation

- Issue External to Relationship
- Don't Try to Solve the Problem
- Take Turns Listening and Being Supportive
- Validate Emotions Even if Disagree with Position

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Section 6.5.2

Turn Towards: The Stress-Reducing Conversation Film

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CREATING SHARED MEANING INTERVENTIONS

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Create Shared Meaning: Goal #1 Build Rituals of Connection

- Rituals are Times You Can Count on Connecting
- Formal and Informal Rituals Made Meaningful and Intentional
- Discuss Details of Preferred Ways to Connect
- Include Family Histories Related to Specific Rituals

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Section 6.6.1

Build Rituals of Connection Film

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Create Shared Meaning: Goal #2 Create Shared Purpose in the Couple Building a Life Together

- Making Shared Meaning System Intentional
- Discuss Beliefs, Values, Missions, Legacies, Roles, and Goals
- Validate One Another
- Plan How to Honor Each Other

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Section 6.6.2

Create Shared Meaning Film

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Process

- Structure of a Typical Session
- What the Therapist Can Say: Principles:
 - Here and Now
 - Affect Focus
 - Therapy Dyadic Not Triadic
 - Integrates Therapist's Empathy and Understanding with Psycho-Education
- What the Therapist Actually Says
 - Therapist Articulates Emotions and Has Them Talk to One Another
 - Role Plays of Process — Three Vignettes of the Wrong and the Right Things to Say

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Section 6.7

Summary

- Therapy is Theory-Based
- Therapy Starts with Assessment
- Therapy has Three Domains
 - Manage Conflict
 - Build Friendship
 - Create Shared Meaning

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Section 6.8

What's Next?

- Level II - Assessment, Intervention, and Co-Morbidities
- Level III - Certification Practicum and Consultation
- Becoming Certified
- Learn to Present "The Art & Science of Love" Workshop for Couples

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Section 7

