

PRE-COHABITATION OR MARRIAGE COUPLES GROUP

Based on Gottman's 7-Principles For Couplehood

"Perfection is not the price of love. Practice is. We practice how to express our love and how to receive our partner's love. Love is an action even more than a feeling." - John Gottman.



Day: TBD

Time: TBD

Duration: 12 Wks

\$90/couple/session

\$250/intake

GROUP DESCRIPTION

Gottman's 7-Principles for Couplehood is a group based on John Gottman's 30 years of research into what makes relationships work and the Gottman Method (a form of couples therapy) developed by Dr. Gottman and, his wife, Dr. Julie Gottman. Their approach to couples' therapy prioritizes the strengthening of relationships by building intimacy, empathy, understanding and working through conflict in a healthy way. In this group, you and your partner will learn concrete skills for deepening your connection and improving your communication including how respond to bids for emotional connection, articulating your needs and repairing after conflict. Our group is inclusive of all types of diverse couples. Group intake will take 90-120 minutes and will include a Gottman Assessment Report for the couple, couples history, and individual life histories. Join us to build back togetherness!

REQUIREMENTS

- Based on assessment, clients may be asked to have supportive individual therapy
- Clients are asked to sign release for therapist, psychiatrist or primary care physician
- 15-minute free screening by clinical director to determine if group is a fit
- A 90-minute intake with group leader
- Attendance at all 12-sessions (barring true emergency), full-fee will be charged regardless of attendance
- Willingness to participate in group

GROUP CURRICULUM

Week

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|--------------------------------------|---------------------------------|
| 1 Intro/Sound Relationship House | 7 Intimacy |
| 2 Love Maps | 8 Two Types of Marital Conflict |
| 3 Nurture Your Fondness & Admiration | 9 How to Fight |
| 4 Turning Towards Instead of Away | 10 Solve Your Solvable Problems |
| 5 Let your Partner Influence You | 11 Overcoming Gridlock |
| 6 Trust and Commitment Week | 12 Create Shared Meaning/Finale |

ROOTS & BRANCHES THERAPY

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Free Copy
of the
Gottman Book