



GOTTMAN METHOD COUPLES TEHRAPY

*Helping you to create a
healthy realtionship*

TERRI KELLY

the relationship psychologist



What is Gottman Method Couples Therapy?

There are many different types of couples and relationship therapy available. The type of couples counselling we will do together is called Gottman Method Couples Therapy. What attracted me to this particular type of therapy is that it is based on what successful couples do to maintain healthy relationships, rather than a theory or idea of what will work. I have completed the live Level 1, 2 and 3 trainings in Gottman Method Couples Therapy and am on the Certification Track. The Gottman Method integrates 40 years of scientific research on what makes relationships succeed or fail, into a practical “nuts-and-bolts” approach to improving couples’ relationships. I use the Gottman Method to provide couples counselling and marital therapy that is not only based on science, but also custom-tailored to your relationship.



Overview of Gottman Method Couples Therapy

The Gottman Method Couples Therapy is based on Dr. John Gottman's scientific research that began in the 1970s, and continues to this day. The research has focused on what makes relationships succeed or fail. From this research, Drs. John and Julie Gottman have created a method of therapy that emphasizes a nuts-and-bolts approach to improving clients' relationships.

The Gottman Method of couples therapy is designed to help teach specific tools that deepen friendship and intimacy in your relationship. To help you productively manage conflicts, you will be given techniques to manage both resolvable and gridlocked (perpetual) issues. We will also work together to help you appreciate your relationship's strengths, and to navigate gently through its vulnerabilities.



Relationships have to be a rich climate of positivity. For relationships to be strong, the ideal climate is one teeming with positive interactions

John Gottman

How Does it Work?

In Gottman Couples Therapy, there is an assessment phase that will require you to take part in two interviews (first together, and then separately), fill out some questionnaires, and be videotaped talking about an area of disagreement for 10 minutes, during which we will use a finger pulse oximeter to measure your heart rates and percent of oxygen in your blood.

In my experience, most couples are eager to “get to work” right away, and this is completely understandable.

Here, I ask you to consider the importance of assessment and evaluation from a medical perspective:

How eager would you be to go into surgery before a specialist had examined you, completed blood-work analyses, formed a diagnosis, and planned the surgical procedure to be performed?

The assessment phase is crucial to successful intervention and therapy outcomes.

Accordingly, genuine investment toward working in couples therapy must be made, and begins with a commitment to the assessment phase.



■ Our first session is all about helping you to tell your own story as a couple, and most couples—not all—find this experience to be a lot of fun. We will talk about the history of your relationship, your areas of concern, and goals for treatment. I will also have a chance to get a basic idea of how you process conflict as a couple. At the end of this session I will send you a link to the Gottman Relationship Checkup. This is a series of questionnaires about your and your relationship - helping me to deeply understand where your relationship strengths and vulnerabilities.



■ In the next two sessions, I will meet with each of you individually for 45 - 60 minutes. These individual interviews may be scheduled back-to-back, or at completely separate times. In these individual sessions, I will get to learn a bit about your personal histories, families of origin, and also give each of you an opportunity to voice your own thoughts, feelings, and perceptions.



Most of our therapy work will involve sessions in which you will be seen together as a couple. However, there may be times when individual sessions are recommended.

I may also give you specific exercises to practice between sessions. The length of therapy will be determined by your specific needs and goals.

We should have a basic idea of what to expect at the end of the third assessment session, but there are no guarantees on what new issues may be presented as your connection to one another grows closer and stronger.

A commitment to the best therapy possible requires ongoing evaluation of the methods used and client progress.

In the course of therapy, we will establish points at which to evaluate your satisfaction and progress. Also, I will encourage you to raise any questions or concerns that you have about therapy at any time.

The happiest couples have 5 positive interactions for every negative one.

John Gottman



How long will it take?



Gottman Method Couple therapy is generally not a time-limited program. Following the assessment phase, treatment times are as variable as those couples seeking help.

For couples seeking relationship enhancement, it averages 5–10 sessions.

For distressed couples, 15–20 sessions; and for couples with serious comorbidities or a recent extramarital affair, it averages 25–50 sessions.

Couples therapy is usually scheduled as follows:

- **Assessment Phase**

Week 1 1 x Joint Session
 2 x Individual Sessions
 1 x Joint Session [4 hours]

- **Therapy Phase**

Weekly sessions

Week 2 2 x 2 hour joint sessions [4 hours]
Week 3 1 x 2 hour joint sessions [2 hours]
Week 4 1 x 1 hour joint session [1 hour]
Week 5 1 x 1 hour joint session [1 hour]


Fortnightly Sessions

Week 6 1 x 1 hour session [1 hour]
Week 8 1 x 1 hour session [1 hour]
Week 10 1 x 1 hour session [1 hour]

*"Listening is sexier than talking.
Asking questions is sexier than
broadcasting. Being generally
interested is much more important
than trying to be interesting."*

—Dr. John Gottman

The Gottman Institute



Marathon Couples Therapy is a dynamic and effective alternative to traditional weekly sessions in Gottman Method Couples Therapy. It is a condensed and focussed approach to couples therapy that will provide you with the time you need to address specific issues and get your relationship back on track in a short but intense period of time.

Marathon Couples Therapy consists of 2 days in which you and your partner engage in intensive marital therapy for 6 – 7 hours per day broken down into 4 x 90 – 120 minute sessions. These days can be either consecutive, or as close together as our schedules will permit. Alternatively, we can meet for a series of mini-marathons, of 2 x 90 - 120 min blocks.



What Now?

Contact me to discuss how I can be of help. We can talk through the specific issues for you, and decide how to move forward

TERRI KELLY

the relationship psychologist

p: 02 5605 8420

e: info@terrikelly.com