

**Level I Bridging the Couple Chasm
Gottman Couple therapy:
A New Research-Based Approach
November 19,20, 2018**

About the Presenter

MIKE FIDLER, MSW RSW

Mike Fidler has a Master of Social Work degree and is a Registered Social Worker with over 30 years of assisting couples as a relationship therapist. Mike has been co-leading marriage preparation courses for over 25 years. He is an international Arts & Science of Love Couples Workshop presenter and Gottman clinical trainer. As a Master Trainer with the Gottman



Institute he is certified to teach Level I, II and III training for clinicians and consult for the final stage of clinical certification. Mike has worked over 10,000 hours with couples during his 30 plus year practice. Mike was a child abuse specialist for 12 years and taught provincially & nationally for over six years for the Institute for the Prevention of Child Abuse and is known for his clinical experience, conceptual clarity and humour.

www.fidlerassociates.com

www.coupleworkshops.ca

**Integrate Research-Based Methods to
Maximize Your Competence
and Inspire Transformation**

About the Workshop

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, scientifically sound and highly effective approach to guiding these couples across the chasm that divides them.

In this workshop, Mike Fidler MSW RSW provides a research-based road map for helping couples to compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams.

Demonstration, didactics and discussion center on Dr. Gottman's breakthrough research of what makes relationships work, and teach theoretically grounded methods of assessment and intervention.

What You'll Learn

This inspirational two-day workshop is designed to immediately empower your work as a couples' therapist. Clinicians who take this workshop will be equipped with new methods and tools to help couples break the cycle of criticism, defensiveness, contempt, and stonewalling. Through demonstrations and videos from the clinical office, you'll see how to apply the research-based principles and interventions of Gottman Method Couples Therapy, including:

1. New research-based assessments and effective interventions to help understand couples' struggles
2. Research-based strategies and tools to help couples successfully manage conflict
3. Skills that empower couples to dialogue about their worst gridlocked issues
4. Methods to help couples process their fights and heal their hurts
5. Techniques for couples to deepen their intimacy and minimize relapse.

Workshop Objectives

Clinicians will gain new skills in assessment, intervention and relapse prevention, and dramatically increase effectiveness in helping couples manage conflicts and strengthen friendship and intimacy.

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.

Who Should Attend?

Participants working in the following fields will benefit from Level I training:

- Mental health providers
- Allied professionals and clergy
- Family clinic staff
- Professors/teachers of couples therapy
- Researchers in the social sciences
- Graduate students and interns

You'll receive The Gottman Institute's 300-page Clinical Manual featuring new relationship assessment questionnaires and clinical interventions.

You will also receive a certificate of completion from The Gottman Institute. For those interested in pursuing Gottman certification, this 2-day workshop fulfills the Level I requirement.

About The Gottman Institute

The Gottman Institute, co-founded by Drs. John and Julie Gottman, is an internationally renowned organization dedicated to researching and restoring relationships. Combining scientific expertise and clinical wisdom, The Gottman Institute applies leading-edge research on marriage in a practical, down-to-earth therapy and trains the therapists committed to helping couples.

The Gottman Model is based upon Dr. John Gottman's 35 years of research with over 3,000 couples. Based on intensive, detailed, and long-term scientific study of why marriages succeed or fail, John Gottman, in collaboration with Julie Gottman, has developed innovative assessment tools and intervention strategies to strengthen happy marriages and committed relationships, and support and repair troubled ones. For more information, visit: www.gottman.com

Workshop Outline

DAY ONE

8:30 – 9:00 am: Registration Check-In

9:00 – 12:00 pm: The Research: What Makes Relationships Succeed or Fail?

- The need for theory
- Research Methods The Levenson Gottman Paradigm
- Myths about what is "dysfunctional" When relationship is Ailing
- Truths about what is "Dysfunctional" When relationship is Ailing
- The Sound Relationship House Theory
- When is Couples Therapy Contra Indicated?
- Assessing a Relationship
- Session 1: Oral History Interview, Sampling Couple Conflict

12:00 – 1:15 pm **Lunch**

1:15 – 4:30 pm Learning to Use Assessment

Questionnaires

- Session 2: Individual Sessions
- Session 3: The Therapeutic Contract

DAY TWO

9:00 – 12:00 pm Introduction to Intervention - Constructive Conflict

- Rapoport Intervention
- Ending the Four Horsemen
- Dreams-Within-Conflict
- Aftermath of a Fight

12:00 – 1:15 pm **Lunch**

1:15 – 4:30 pm Building Friendship and Shared Meaning

- Build Love Maps
- Turn Towards: The Stress-Reducing Conversation, Build Rituals of Connection, Create Shared Meaning

Dates: **November 19,20, 2018**
Workshop Time: **9:00 am – 4:30 pm**
Registration Check-in: **8:30 am**
Location: **39 Kent St. North, Unit 7
Simcoe, N3Y 3S1**

12 CE Hours available for purchase
from PESI, Inc. for \$39.99 USD.

WWW.pesi.com

Name _____ Degree/License _____

Address _____

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Daytime Phone _____ Evening Phone _____

Email _____

How can we accommodate any physical challenges?

Registration Fee:

- Standard Registration \$550.00 with Gottman Binder, a \$150.00 value.
- Early Bird Registration **\$499.00** with the Gottman Binder, a \$150.00 value before October 21, 2018.

Refund Policy: Refund minus \$50 when cancelling prior to two business weeks before the workshop & \$100 after that date.

Payment Information: (Do Not Send Cash)

Visa Master Card Cheque

Name on Card

Authorizing Signature

Card Number

Exp. Date _____ V Code _____

Cheque: Enclosed is my cheque for \$ _____

Payable to: *Mike Fidler & Associates Inc.*

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Confirmation of your workshop registration will be emailed to you.