

## Workshop Objectives

At the completion of Level 2, you should have the clinical familiarity, knowledge and resources to integrate Gottman Method Couples Therapy assessment and intervention into your practice.

Upon completion you will be able to identify that you have level 2 training.

## Who Should Attend?

*This workshop is only available to graduates of the Gottman Level One training course.* This three-day training is also the next step toward certification as a Gottman Therapist.

## 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](http://www.gottman.com)

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

### About the Workshop

All participants will receive a certificate of Level 2 completion from the Gottman Institute AND will receive a copy of the Gottman Level Two Clinical Manual (including Gottman Core Assessments, Gottman Supplemental Assessments and more than 50 Gottman Interventions.)

### Program

1. Review video of the Gottmans demonstrating assessment and interventions
2. Receive many opportunities to practice using interventions in role play
3. Gain tools to assess a couple's "Friendship", "Conflict" and "Shared Meaning" profiles
4. Focus on complicated cases involving co-morbidities (affairs, PTSD, addiction and domestic violence), including assessment and how to tailor Gottman Method interventions according to the couple's needs
5. Learn to apply six modes of changing the "Attack/Defend System" in a couple's interactions
6. Develop advanced skills in helping couples establish dialogue about their grid-locked conflicts and manage conflict for solvable problems
7. Receive supportive personalized coaching from a Senior Certified Gottman Therapist as you participate in experiential exercises

## Gottman Level 2 Certificate Training: Assessment, Intervention, and Co-Morbidities

Wednesday November 25 to  
Friday November 27 , 2015

### Presenter:

Mike Fidler MSW RSW



Mike Fidler has a Master of Social Work degree and is a Registered Social Worker with over 25 years of

assisting couples as a relationship therapist. Mike has been co-leading marriage preparation courses for over 15 years. He is an international Arts & Science of Love Couples Workshop presenter. He is a certified Gottman couples therapist, a certified Gottman couples' workshop trainer and a certified Level I & II trainer for clinicians. Mike has worked over 10,000 hours with couples during his 25 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 clarity and humour.

[www.fidlerassociates.com](http://www.fidlerassociates.com)

## Workshop Outline

**DAY ONE** 8:15 am: Registration check-in

8:30 am: Welcome, Introduction & Good Therapy

8:50 am: Basics of observations of the human face, voice and words

9:15 am: Bids and Turning

### **SESSION #1 – ASSESSMENT**

9:40 am: Couples Narrative- Oral History Interview

10:05 am: Meanings & Meta Emotional Interviews

10:10 am: Evaluating Conflict, 10:35 am: Break

10:50 am: Repair

### **SESSION #3 PUTTING IT ALL TOGETHER -**

11:00 am: couples narrative, oral history, conflict discussion, 12:00 – 1:15 pm **Lunch**

### **SESSION #2 INDIVIDUAL INTERVIEWS**

1:15 pm: Contra-indicators, Assessment Questionnaires & Scoring

### **SESSION #3 GIVING FEEDBACK & TREATMENT PLANNING**

2:05 pm: Overview, Assessment Checklist, Master & Disasters Comparative, 3:15 pm: Break

### **INTERVENTION –OVERVIEW**

3:30 pm: Philosophy of Therapy, Seven Goals, Recommended Structure of a Therapy Session, Core Interventions Required for Certification

### **GOTTMAN METHOD INTERVENTIONS**

3:45 pm: The Four Horsemen

3:55 pm: Gottman-Rapoport

4:45 pm: Questions and Answers

**DAY TWO** 8:30 am: Questions & Answers From Day 1

### **GOTTMAN METHOD INTERVENTIONS** continued

8:40 am: The Dan Wile Intervention

9:05 am: Internal Working Model

9:25 am: Compromise, 10:20 am: Break

10:40 am: DPA/ Flooding & Self Soothing

11:10 am: Dreams in Conflict, 12:10 am: Lunch

1:25 pm: Aftermath of the Fight, 3:05 pm: Break

3:20 pm: Overview Friendship & Romance, Working on Fondness & Admiration

3:50 pm: Stress Reducing Conversation

4:40 pm: Questions and answers

**DAY THREE** 8:30 am : Creating Shared Meaning & Build Rituals of Connection

9:00 am: Relapse Prevention

### **CO-MORBIDITIES**

9:02 am: Affairs, 10:30 am: Break

10:45 am: PTSD,

12:00 pm: Lunch

1:15 pm: Domestic violence, 3:00 pm: Break

3:15 pm: Dealing with Addiction

4:30 pm: Case Consults, Questions and answers

Dates: **November 25, 26, 27, 2015**

Workshop Time: **8:30 am – 5:00 pm**

Registration Check-in: **8:15 am**

Location: **Mike Fidler & Associates Inc., 39 Kent St. North, Unit 7 Simcoe, N3Y 3S1**

Name	Degree/License
Address	
City	Country/Province /P.C.
Daytime Phone	Evening Phone
Email	
How can we accommodate any physical challenges?	

**Nov. 25<sup>th</sup> to Nov. 27<sup>th</sup>, 2015**

### **Registration Fee:**

- Standard Registration \$750.00 with Gottman Binder
- Early Registration \$700.00 before October 20, 2015 with Gottman binder
- Combined Level I and Level II purchase \$100 off

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

### **Payment Information: (Do Not Send Cash)**

Visa  cheque  Mastercard

Name on Card	
Authorizing Signature	
Card Number	
Exp Date	V code

**Cheque:** Enclosed is my cheque for \$\_\_\_\_\_

Payable to: *Mike Fidler & Associates Inc.*

Mail to: P.O. Box 335, Simcoe ON Canada N3Y 4L2

Phone (519) 428-0776 Fax: (519) 426-0852

Confirmation of your workshop registration will be emailed to you.