

# Gottman Level 3 Certificate Training: PRACTICUM TRAINING

Wednesday January 6<sup>th</sup> to  
Friday January 8<sup>th</sup>, 2016

## Workshop Objectives

Fine-tune and master your skills using Gottman Method Couples Therapy. Upon completion you will be able to identify that you have practicum level training. You can choose to enter the certification track: consultation & video review.

At the end of this workshop participants will understand how to:

- Effectively use the Oral History Interview during a couple's assessment and understand its implications.
- Clearly explain to a couple their strengths and challenges in terms of the "Sound Relationship House."
- Help partners identify their own "Four Horsemen" and understand the antidotes.
- Select and utilize appropriate tools to help a couple deepen their "Friendship System"
- Clarify a couple's conflicts in terms of solvable, perpetual, and grid-locked problems.
- Use the "Dreams Within Conflict" technique to help a couple feel hopeful and to achieve break-through with their perpetual conflict
- Successfully intervene when one or both partners are flooding.
- Help a couple reach solutions using the Compromise Ovals intervention.

-Sensitively intervene when co-morbidities are present.

## Who Should Attend?

This workshop is only available to graduates of the Gottman Level Two training course who have a Master's or doctoral degree or current enrollment in a graduate program within a mental health related field.

## 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)

## About the Workshop

Fine-tune and master your skills using Gottman Method Couples Therapy. Participants in the Level 3 Practicum Training, together with Drs. Mike , examine actual videotaped cases of couples brought in by workshop participants. The Gottmans use these videotaped cases as teaching and learning tools to help deepen understanding of when and how to use various Gottman Method approaches and interventions, and how to break destructive patterns and replace them with meaningful interactions.

During this workshop, Mike Fidler MSW RSW will lead discussions, demonstrate techniques and provide guidance in developing a road map for clinical decisions. Participants have the opportunity to practice and refine their use of Gottman Couples Therapy through participation in role-plays, demonstrations and discussions in a small group setting, and receive personalized guidance and supportive coaching from Mike Fidler a Senior Certified Gottman Therapists.

## VIDEO PARTICIPATION: CASE DISCUSSION IN PRACTICUM TRAINING

Participants are asked to bring a short, ten minute or so, video segment (on DVD or USB thumb drive) of difficult and challenging couples to the Level 3 workshop. The therapist's work with the couple will not be critiqued; in fact the video does not even need to show the therapist; just seeing the couple is all that is needed. The purpose will be to use these couples to illustrate how the Gottman Method can be applied to these tough cases.

Mike Fidler will describe how he would treat these couples and then participants from the audience will volunteer to role play these couples with Drs. John and Julie Gottman demonstrating using a variety of interventions with these couples. Participants will then have the opportunity to practice using these interventions in a supportive small group setting with other participants' role playing the couples from the videos.

**L3 LEVEL 3 CLINICAL TRAINING**  
**GOTTMAN METHOD COUPLES THERAPY**  
 Practicum Training

A practicum workshop for mental health professionals  
 Created by **John Gottman, Ph.D.**  
 and **Julie Schwartz Gottman, Ph.D.**

**Bringing a video tape isn't required, but it will help make the training more meaningful for everyone. If you cannot bring a taped segment, it would help to bring a brief written description of a challenging couple for the same purpose. Note:** Unfortunately, we are not able to support the following formats: Mini DVD's, "High-8," alternate or nonstandard international formats, such as "Super-8."

20.0 CE Hours available for purchase from PESI, Inc. for \$29.99USD.  
[www.pesi.com](http://www.pesi.com)

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

**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. 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 30 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.

Dates: **Wednesday January 6<sup>th</sup> to Friday January 8<sup>th</sup>, 2016**  
 Workshop Time: **8:30 am – 5:00 pm**  
 Registration Check-in: **8:15 am**  
 Location: **Simcoe.**

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|---------------|------------------------|
| Name          | Degree/License         |
| Address       |                        |
| City          | Country/Province /P.C. |
| Daytime Phone | Evening Phone          |

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Email

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How can we accommodate any physical challenges?

**Registration Fee:**

- Standard Registration \$1100.00 with Gottman Binder,
- Early Registration \$1050.00 before Dec 6<sup>h</sup>, 2015 (with Gottman binder)

**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  Master Card  cheque

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Name on Card

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Authorizing Signature

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Expiration Date 3 digit Security 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.