

John Gottman - LEVEL 1 and LEVEL 2 Trainings presented by The Gottman Relationship Institute

John Gottman – LEVEL 1 & LEVEL 2 Trainings by The Gottman Relationship Institute provide a comprehensive, science-based approach to understanding and improving relationships. LEVEL 1 covers foundational principles, including the “Sound Relationship House” framework, conflict resolution strategies, and techniques for deepening emotional connection. LEVEL 2 expands on these concepts with advanced assessment tools, intervention methods, and case studies to help professionals effectively support couples through complex challenges. Ideal for therapists, coaches, and counselors seeking evidence-based strategies for relationship success.

LEVEL 1 Training: Bridging the Couple Chasm presented by The Gottman Relationship Institute

This package examines the results of research by The Gottman Institute. What does this research reveal about relationships? and How to use these findings in assessment and Intervention for couples

Drs. John and Julie Gottman Provide you with a guideline for helping couples compassionately manage conflicts and deepen their friendship and intimacy, and Share their purpose in life and dreams.

You will be able to learn the following:

Research-Strategies based on and Tools to help couples resolve conflict

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Partner skills to enable them to talk about their most pressing issues by History is the key to uncovering their hidden dreams and histories and Values

Here are some ways to help couples get through fights and Heal their pain

For partners who want to deepen their intimacy, here are some techniques and Relapses are minimized

Recent assessments and effective interventions to help understand couples' struggles

LEVEL 2 Training: Assessment, Intervention & Co-Morbidities presented by The Gottman Relationship Institute

This package aims to give the learner clinical knowledge and familiarity. and Resources to integrate Gottman Method Couples Therapy Assessments and Incorporating interventions into their practice. Enjoy this dynamic interaction with Drs. John and Julie Gottman Learn how to incorporate research-Based Gottman Assessment and You can integrate Intervention Methods in your clinical practice. These videos will show you:

Assess a couple's "Friendship Profile," "Conflict Profile," and "Shared Meanings Profile"

Create interventions for couples that can be used as antidotes against the "Four Horsemen"

Help couples to calm physiological flooding

You can change the way you think six ways "Attack/Defend System" in a couple's interactions

Assist couples with establishing dialogue over their conflicts

Choose and To help couples strengthen their relationship, you can implement interventions "Friendship System" With rituals for connection

Choose and Insist on interventions that help couples to create a shared system for values and Bedeutung

Five different co-Couples who use a condom are more likely to die from complications of pregnancy Gottman Core Assessments and Implement interventions

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**Here's What You Will Get In John Gottman – LEVEL 1 and LEVEL 2 Trainings
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