Level I
Bridging the Couple Chasm
Gottman Couples Therapy: A New Research-Based Approach

Section 6
Intervention

- Philosophy of the Therapy Assumptions: Our Dozen
- Overview of the Therapy
- Goals of the Therapy

PHILOSOPHY OF THERAPY
A DOZEN ASSUMPTIONS

- Therapy is Primarily Dyadic
- Emotion is Central
- State Dependent Learning
- Strong Emotion and DPA
- Massing and Fading
- Affective Neuroscience & Emotion

PHILOSOPHY OF THERAPY
A DOZEN ASSUMPTIONS

- Cognitive & Emotional Gender Differences
- The Role of Meta-Emotions
- Therapist’s Role is not to Soothe
- Interventions Should Seem “Easy”
- Therapy as a Positive Affective Experience
- We’re Not Idealistic about Marriage

Section 6.1 – 6.3
Section 6.5.1
Section 6.5.1
OVERVIEW OF THERAPY

• Constructive Conflict
• Friendship/Intimacy/Positive Affect
• Shared Meaning/Life Vision

GOALS OF THERAPY

• Modify Conflict
• Enhance Relationship
• Create Shared Meaning

Key Interventions From The Gottman Library

• Rapoport Intervention
• Eliminate the Four Horsemen
• Dreams Within Conflict
• Six Social Skills
• Aftermath of a Fight
• Build Love Maps
• The Stress-Reducing Conversation
• Build Rituals of Connection
• Creating Shared Meaning

MODIFYING CONFLICT INTERVENTIONS
Section 6.4.1
Conflict Goal #1
Understand the Partner’s Point of View
Rapoport Intervention

- Postpone Persuasion Until Both People Can State Partner’s Position to Partner’s Satisfaction
- “What’s This?” Mode vs. “What The Hell Is This?” Mode
- Speaker’s Job — No Blaming, State Feeling, and Positive Need
- Listener’s Job — Take Notes, Summarize, and Validate Speaker’s Position, Ask Questions

Section 6.4.2
Conflict Goal #2
Eliminate the Four Horsemen

- Interrupt Four Horsemen
- Replace Each One with Antidote
- Criticism — Teach Gentle Startup
- Defensiveness — Teach Taking Responsibility
- Contempt — Build Culture of Appreciation
- Stonewalling — Self-Soothing

Flooding and Self-Soothing; Eliminate The Four Horsemen Film
Conflict Goal #3
Move from Gridlock to Dialogue
Help the Partner Understand the Underlying Dreams

• Getting at Underlying Dream or Meaning Behind Position on the Issue
• Speaker — State Position without Blame, with Depth
• Listener — Ask Questions about History, Meaning, and Dream within Partner’s Position (Don’t Try to Solve the Issue)

Section 6.4.3

Conflict Goal #4
Develop Six Skills

1. Soften Start-Up
2. Accept Influence
3. Make Effective Repairs During Conflict
4. De-Escalate
5. Compromise
6. Physiological Soothing

Section 6.4.4

Conflict Goal #5
Process Fights and Regrettable Incidents

• Two Subjective Realities, Both Right
• Feelings List
• Validate Each Other’s Realities
• Admitting Mode
• Triggers
• How to Make It Better Next Time

Section 6.4.5
Aftermath of a Fight Film

DAN WILE INTERVENTION

COPPEL ALWAYS HAS THREE CHOICES

• AVOID: CAN OR BECOME DEFENSIVE, WITHDRAW, PUSH DOWN FEELINGS, OR JUST TAKE CARE OF SELF

• ATTACK: CAN PHRASE ISSUE AS DEFICIT IN PARTNER

• CONFIDE: CAN TALK ABOUT HOW YOU ARE FEELING IN THE MOMENT.
THE ONE PAGE DAN WILE

- ALIENATION
- ADVERSARIAL--WITHDRAWN
- FIGHT ---- FLIGHT
- ENEMY ---- STRANGER
- NSO
- BOTH ALWAYS MAKE SENSE
- "HIDDEN REASONABLENESS"

COLLABORATION

- EMPATHIC
- CONFIDE
- ALLY
- PSO

ENHANCING FRIENDSHIP INTERVENTIONS

Friendship Goal #1
Build Love Maps

- Build Knowledge of Partner’s Internal World
- Use Card Deck
- Guess Right Answer to Question on Each Card
- If Wrong, Partner Makes Gentle Correction
- Ask Open-Ended Questions

Section 6.5.1

Build Love Maps Film
Friendship Goal #2
Turn Towards: The Stress-Reducing Conversation

- Issue External to Relationship
- Don’t Try to Solve the Problem
- Take Turns Listening and Being Supportive
- Validate Emotions Even if Disagree with Position

Turn Towards: The Stress-Reducing Conversation Film

CREATING SHARED MEANING INTERVENTIONS

Create Shared Meaning: Goal #1 Build Rituals of Connection

- Rituals are Times You Can Count on Connecting
- Formal and Informal Rituals Made Meaningful and Intentional
- Discuss Details of Preferred Ways to Connect
- Include Family Histories Related to Specific Rituals
Create Shared Meaning:
Goal #2
Create Shared Purpose in the Couple Building a Life Together

- Making Shared Meaning System Intentional
- Discuss Beliefs, Values, Missions, Legacies, Roles, and Goals
- Validate One Another
- Plan How to Honor Each Other

Section 6.6.2

Process

- Structure of a Typical Session
- What the Therapist Can Say: Principles:
  - Here and Now
  - Affect Focus
  - Therapy Dyadic Not Triadic
  - Integrates Therapist’s Empathy and Understanding with Psycho-Education
- What the Therapist Actually Says
  - Therapist Articulates Emotions and Has Them Talk to One Another
  - Role Plays of Process — Three Vignettes of the Wrong and the Right Things to Say

Section 6.7
Summary

• Therapy is Theory-Based
• Therapy Starts with Assessment
• Therapy has Three Domains
  – Manage Conflict
  – Build Friendship
  – Create Shared Meaning

What’s Next?

• Level II – Assessment, Intervention, and Co-Morbidities
• Level III – Certification Practicum and Consultation
• Becoming Certified
• Learn to Present "The Art & Science of Love" Workshop for Couples