

TRANSFORMATIVE PSYCHOTHERAPY, L.L.C.
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Sample Couples Agenda Utilizing the Gottman Method

Session - Time approximately one hour, some exercises up to two hours.

1. Meet and Greet – Get to know the therapist, therapist gets to know you, make a decision that this type of therapy and this therapist are the right fit for both clinician and clients. If so an email will be sent to you with a link to take a personal relationship assessment online through the Gottman.com website and will need to be completed before session #4 so that the clinician has time to review it.
2. Individual Family History – Partner One This is for sessions two and three and the clinician will ask a series of questions to learn your family history and develop a more intense relationship with this person. Objective is to get to know each person's family background and find out what unmet needs occurred during childhood. This is 80-90% of couples conflict. It is also to find out about family addictions, childhood abuse, and date rape and as a result the clinician will offer resources for treatment. If abuse, rape or untreated chemical addiction has occurred it will be strongly urged to do so as an adjunct to couples counseling. If this is still lingering, it is affecting your partnership.
3. Individual Family History – Partner Two; see #2
4. Gottman Presentation and Feedback – In this session your clinician will present a Power Point presentation which will explain in complete detail what to expect of couples counseling utilizing the Gottman method. It is expected that you will have questions at this point and at times an example will be asked of the couple. This session can take up to two hours.
5. Appreciation Exercise
6. Stress-Reducing Exercise – In-direct conflict affecting each person to begin learning listening skills.
7. Gottman/Rappaport Exercise – Listening exercise.
8. Dreams Within Conflict Exercise – This exercise is dealing with a topic that puts the couple in gridlock. This could take up to two hours.
9. Art of Compromise Exercise – After having dealt with gridlock, we are now learning a strategy for going forward that will help negotiate a plan.
10. Aftermath of a Regrettable Incident – When you are ready to go back and discuss the tragic incident that probably brought you into therapy from a neutral position, we will do this exercise. It might not be on the 10th session, it might come later. This is generally a session that requires a couple of hours.

This is a sample of your treatment plan. Depending on the conflict presented when the couple arrives this will determine which exercise (s) comes first. A couple of the exercises may need to wait until the conflict has been met head on as with infidelity or trust issues. The clinician will have a sense of this after having met with both partners individually in sessions two and three. It

is recommended that you also watch Dr. Gary Chapman's Five Love Languages one hour video together and take the online test as an adjunct to your Gottman method sessions. They both work together very well.

In order for this method to work successfully for you and your partner you will need to:

- a. Come to sessions on time.
- b. Practice using the techniques provided to you at home and do the homework.
- c. Be open minded and flexible enough to shift your perspective with regard to yourself and your partner.
- d. Be open to coaching in session.

Without adhering to these guidelines you will not be able to notice any difference in your relationship. The clinician cannot help the couple if the couple is going home to the same household and engaging in the exact same way.