

Introduction to Gottman Research

- The story behind the research
- The story of the research
- The Gottman Research Lab
 - Lab Film

Gottman Research

Begun in Year	Number of Couples	Sample Comments and Sample	References
1. 1980	30	Young Couples	Levenson & Gottman 1983, 1985
2. 1983	79	Varied From Newlyweds To Old Age	Gottman (1994)
3. 1986	56	Couples With A Preschool Child (Midwest Sample)	Gottman, Katz, & Hooven (1996)
4. 1989	63	Same As 1986 Study (Seattle Sample)	None
5. 1989	130	Newlyweds (Seattle Sample)	Gottman, Coan, Carrere & Swanson (1998)
6. 1989	156	Middle-Aged And Sixties Couples (San Francisco Bay Area)	Levenson, Carstensen & Gottman (1994)
7. 1989	160	Four Groups: Highly Abusive, Moderately Abusive, Distressed Non- Violent, Happily Married Non-Violent	Jacobson & Gottman (1998)

What is dysfunctional when a relationship is ailing?

More negativity than positivity in conflict discussion

Escalation of negative affect – The four horsemen

Four Horsemen Film

4 Horsemen and Their Antidotes

- Criticism Softened Startup
- Defensive Accept Responsibility
- Contempt Respect, Appreciation, Talk about Yourself, Not Your Partner
- Stonewalling Soothe

What else is dysfunctional when a relationship is ailing?

- Emotional disengagement & withdrawal
- The failures of repair attempts
- Negative sentiment override
- Maintaining vigilance and physiological arousal
- Chronic physiological arousal
- Failure to Accept Influence
 - Emotional disengagement
 - Escalation in response to low intensity negative

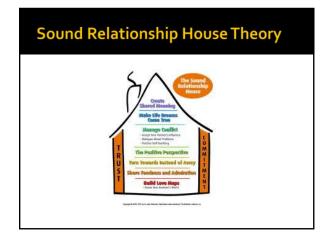
What is functional when a relationship is going well?

Match in preferred conflict styles

Dialogue rather than "gridlock" with perpetual problems

- Soft Startup
- Accepting InfluenceEffective Repair Attempts
- De-escalation of negativity
- Anger OK (without four horsemen, abuse)
- More positive affect during conflict for newlyweds
- Predicts relationship stability and happiness
- Dialogue regarding perpetual problems

Preemptive repair



Gottman Assessment

Assessment - Overview

Three session process – 90 minutes each

- Session 1
 - Informed Consent, Narrative, Oral History, Conflict Discussion, Explanation of Questionnaires
- Session 2
- Individual Interviews
- Session 3
 - Feedback session

Session 1

- Informed Consent
- Narrative
- Oral History
 - Oral History Film
- Conflict Discussion
- Conflict Discussion Film
- Explain questionnaires

Questionnaires

- Paper-based
- Gottman Checkup
 - Gottman Check-Up Film

Session 2

Individual Interviews

- Individual narrative
- Relevant family history

- History of prior relationships
 History of prior therapy
 Commitment to the relationship and
- discrepancies

 Hopes and expectations for the relationship (including getting out)

 Personal goals
- Cost/benefit analysis

Session 3

Feedback Session

- Overview of the history of the relationship and the genesis of the concerns
- Explain these in the context of the Sound Relationship House results
- State their interventions associated with each level
- Briefly explain each level
 Summarize Diagnostic Formulation
- Propose treatment plan, revise with partner's
- Entire presentation should be 10-15 minutes

Gottman Method: Friendship Interventions

Overview

- Friendship Interventions
 - Philosophy, Purpose, Goals

Key Friendship Interventions

- Love Maps
 - Creating A Love Map of Your Partner's World
- Fondness and Admiration
 - "I Appreciate" Checklist
- Turn Towards
 - Stress Reducing Conversation
 - Stress Reducing Conversation 17:00 26:00
 - Build A Ritual Connection

Gottman Method: Conflict Intervetnions

Overview

Philosophy, Purpose, Goals

Key Conflict Interventions

- Flooding
 - Pulse Rates, etc.
 - Soothing exercise

Four Horsemen

- Criticism
- Defensiveness
- Contempt
- Stonewalling

Four Horsemen Film

Softened Startup

Softened Startup

- I feel.....when, and I need.....
- Exercise from the 7 P's book

Soft Startup Film

Gottman Rapaport

John Gottman developed this technique using Anatol Rapaport's Technique for Diplomacy
Speaker uses soft startup to discuss an issue,

- feelings, needs
 Listener listens and writes
- Listener empathizes
 - Example, "I can see why you would feel that way because....
- Listener repeats back speaker's position to the satisfaction of the speaker
- Switch roles

Dreams In Conflict

Structured interview partners use to discuss a perpetual problem

- Speaker describes his or her position through asking a series of questions asked by the listener
- Questions help speaker describe "symbolic meaning" or "life dreams" behind the issue
- Increased understanding between speaker and
- Switch roles
- Increases depth of understanding leading to better compromises or living better with differences
- Dreams in Conflict Film

Compromise Ovals

Partners draw an oval within an oval on a sheet of paper Inner oval

- Contains areas where each partner cannot be flexible
- Outer oval
- Contains areas where partners can be flexible
- Partners share contents of inner and out ovals with one another
 - Ask one another a series of questions to better understand each other's flexible/inflexible areas
- Attempt to identify a better, more acceptable compromise

Gottman Resource - Books

Gottman, J.M. (2015). The seven principles for making marriage work (revised edition). New York: Harmony

Gottman, J.M. (1999). The marriage clinic: A scientific based marital therapy. New York: W.W. Norton & Company

Gottman, J.M. (1998). Raising an emotionally resilient child. New York: Simon & Schuster Gottman, J.M. & Gottman, J.S. (2008). And baby makes three (revised edition). New York:

Harmony

Gottman Resource - Books

Gottman, J.M. (2002). The relationship cure. New York: Harmony

Gottman, J.M. (2013). What makes love last. New York: Simon & Schuster

Gottman, J.M. & Jacobson, N. (2007). When men batter women (revised edition). New York: Simon & Schuster

Gottman, J.M. (2014). Principia amoris: the new science of love. New York: Simon & Schuster

Gottman Resources - Books

Gottman, J.S. & Gottman, J.M. (2015). 10 principles for doing effective couples therapy. New York: W.W. Norton & Company.

Gottman Resources

- www.gottman.com
 - Couples Workshops
 - Professional Trainings
 - Research Overview
 - Products for Couples and Clinicians

Summary and Conclusions

- Research
- Theory
- Intervention

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