



GOTTMAN METHOD COUPLES THERAPY LEVEL 1

May 19-20, 2025

8 A.M. to 5 P.M. (both days)

**Milo Bail Student Center 302/302A
University of Nebraska at Omaha**

OVERVIEW AND LEARNING OBJECTIVES

This training combines lecture footage from live trainings presented by Drs. John and Julie Gottman, actual video footage from Dr. John Gottman's "Love Lab" research, and film clips of the Gottmans working with real couples in their clinical practice. Through research-based strategies, tools, discussion, and small group work, participants will learn:

- Proven strategies and tools to help couples successfully manage conflict
- Skills that empower partners to dialogue about their worst gridlocked issues
- Methods to help couples process their fights and heal their hurts
- Techniques for couples to deepen their intimacy and minimize relapse

In this workshop, you will be provided a research-based roadmap for helping couples compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams based on the Sound Relationship House Theory.

You will be introduced to Dr. Gottman's breakthrough research on thousands of couples to understand the difference between the "Masters" and "Disasters" of relationships. This training will teach you how to assess a relationship's strengths and areas of concern using empirically validated questionnaires.

You will view original videos of real couples from the famous Gottman "Love Lab," as well as videos of Dr. Julie Gottman demonstrating assessment and interventions in a case example from her private practice.

COST TO ATTEND: \$400

Includes digital training materials, a certificate of completion, 11 CEUs approved for social work and mental health practice in Nebraska, small group work, live lecture with a university professor, in-person Q&A with a Gottman certified therapist, free parking, breakfast, coffee, afternoon snacks, and beverages. Lunch is on your own in our university food court.

Enrollment window closes May 01 at 5:00 P.M. (CST). No refunds after May 01.
Click here for campus map. Questions? gatsa@unomaha.edu | 402.554.6342

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