

LIFEWAYS NOW OFFERS

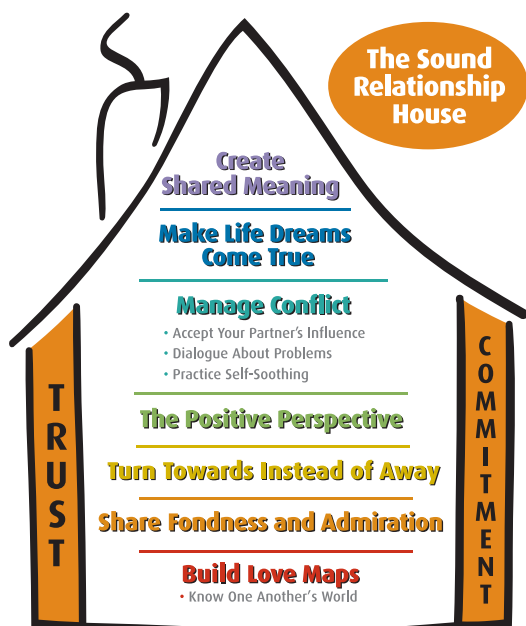
COUPLES THERAPY

Gottman Method Couples Therapy

combines the knowledge and wisdom of more than three decades of research with over 3,000 couples. Through research-based interventions and exercises, it helps couples achieve long-term healthy relationships by breaking through barriers and achieving greater understanding, connection and intimacy. These long-term healthy relationships start by:

- Increasing respect, affection, and closeness
- Breaking through and resolving conflict when they feel stuck
- Generating greater understanding between partners
- Keeping conflict discussions calm

Research shows that to make a relationship last, couples must become better friends, learn to manage conflict, and create ways to support each other's hopes for the future. Drs. John and Julie Gottman have shown how couples can accomplish this by paying attention to what they call the Sound Relationship House, or the seven components of healthy couple-ships.



The Gottman Theory For Making Relationships Work

- **Build Love Maps:** How well do you know your partner's inner psychological world, his or her history, worries, stresses, joys, and hopes?
- **Share Fondness and Admiration:** The antidote for contempt, this level focuses on the amount of affection and respect within a relationship. (To strengthen fondness and admiration, express appreciation and respect.)
- **Turn Towards:** State your needs, be aware of bids for connection and turn towards them. The small moments of everyday life are actually the building blocks of relationship.
- **The Positive Perspective:** The presence of a positive approach to problem-solving and the success of repair attempts.
- **Manage Conflict:** We say "manage" conflict rather than "resolve" conflict, because relationship conflict is natural and has functional, positive aspects. Understand that there is a critical difference in handling perpetual problems and solvable problems.
- **Make Life Dreams Come True:** Create an atmosphere that encourages each person to talk honestly about his or her hopes, values, convictions and aspirations.
- **Create Shared Meaning:** Understand important visions, narratives, myths, and metaphors about your relationship.

-Courtesy of gottman.com

For more information or to schedule an appointment, please call Lifeways in Caldwell at
208-454-2766

