

# TIMELINE OF COUPLES COUNSELING

## Using the Gottman Method

### 1ST SESSION

#### BOTH PARTNERS

During the first session, we will go through a joint oral history interview. I will ask you questions about your relationship and maybe ask you to have a conversation in front of me so I get a sense of your relationship dynamics.

### THINGS YOU WILL LEARN

Learn what the 4 behaviors that hurt relationships are and the antidotes to these behaviors. Learn how to connect with your partner in a way that suits mutual needs. Learn how to deal with conflict in the relationship in a productive way.

### 2ND SESSION

#### PARTNER 1

I meet with both partners individually during the same session for 25 minutes each. We talk about your own personal family and relationship history. This is not for secret keeping -- instead this helps me understand what you are bringing to the relationship on a historical level..

### 2ND SESSION

#### PARTNER 2

Depending on the amount of information I have to gather, this might last for two sessions.

In between sessions, both partners are asked to complete an online assessment that will provide me with information about what needs work in your relationship.

### 3RD SESSION

#### BOTH PARTNERS

We will go over the results of your assessment and I will provide you with a treatment plan based on what you NEED to work on so that we are not doing unnecessary work on the things you already do well.

### 4TH SESSION ON

#### BOTH PARTNERS

We will work together using empirically-based research to help you repair your relationship.