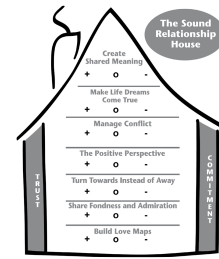


Client ID#: _____ Date: _____

Gottman Treatment Plan

Areas of Strength



Notable History:
(abuse, trauma, affairs, family origin, relationship)

Co-morbidities

Presenting Problems:

Preliminary Treatment Goals:

Christy feels unseen in this relationship. She believes David isn't interested in her and pays no attention and that he doesn't meet her emotional needs. Dave's previous indiscretions have damaged her trust and his avoidance of the topic exacerbates this for her. Katie feels there is no love and this affects her enjoyment of sex.

Daavid appears to be more satisfied than Christy. He understands sex is a problem for her but appears naive to her emotional needs. He seems to have an avoidance approach to negative emotions and perhaps lacks skill to engage in difficult conversations.