

Workshop Schedule

Gottman Level 1 Professional Training

Day 1

8.30am	Registration opens, tea and coffee available
9.00am	Welcomes and Understanding the research
10.30am	Morning tea break
10.50am	Myths, truths and the Sound Relationship House
12.30pm	Lunch Break
1.15pm	Assessment process
3.00pm	Afternoon tea break
3.20pm	Assessment Feedback, Goal Setting and Treatment planning
4.30pm	Questions/Finish

Day 2

8.30am	Wake up coffee and tea
9.00am	Assumptions and contraindications
10.00am	Conflict goal 1 – The Gottman-Rapoport Intervention
10.30am	Morning Tea Break
10.50am	Conflict goal 2 – The 4 Horsemen and flooding
	Conflict goal 3 – Dreams within Conflict
	Conflict goal 4 – Develop 6 skills
12.30pm	Lunch Break
1.15pm	Conflict goal 5 – Processing fights
	Build Friendship and Intimacy
3.00pm	Afternoon Tea Break
3.20pm	Creating Shared Meaning
4.30pm	Summary/Questions/Finish