

THE GOTTMAN METHOD COUPLES COUNSELLING



Toronto | Mississauga | Orangeville



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INTRODUCTION

"Strengthen Your Relationship" Workshop

A Comprehensive 6-Hour Workshop in Gottman Method of Couples Therapy

Overview: The AERCS "Strengthen Your Relationship" workshop is an immersive and transformative 6-hour experience designed to equip couples with essential tools and insights from the acclaimed Gottman Method of Couples Therapy. Led by experienced therapist, Gloria Segovia MSW, RSW, RP, who is trained in the Gottman approach, this workshop offers a safe and supportive environment for couples to explore and enhance the dynamics of their relationship.



WORKSHOP OBJECTIVES

Workshop Objectives:

Understanding the Gottman Method	Participants will gain a comprehensive understanding of the Gottman Method of Couples Therapy, its core principles, and its evidence-based techniques for fostering healthy relationships.
Enhancing Communication	Learn effective communication skills and strategies to express thoughts, feelings, and needs openly, while cultivating empathy and active listening.
Nurturing Friendship and Intimacy	Discover techniques to deepen emotional connection, foster trust, and maintain intimacy in your relationship.
Managing Conflict	Acquire practical tools to navigate conflicts constructively, resolve differences, and reach mutually satisfying solutions.
Building Love Maps	Develop a deeper understanding of your partner's inner world, desires, and dreams, while fostering shared meaning and values.

Cultivating Positive Sentiment Override	Learn to create a positive emotional climate in your relationship by fostering appreciation, fondness, and admiration for each other.
Managing Relationship Stress	Identify and manage external stressors that impact your relationship and explore effective coping strategies to maintain a healthy balance.
Strengthening Commitment and Trust	Explore ways to build and maintain trust, increase commitment, and foster a long-lasting and fulfilling relationship.
Applying Gottman's Research	Understand the research findings of the Gottman Institute and learn how to apply them to your unique relationship dynamics.
Developing Personalized Action Plans	Reflect on workshop insights and collaboratively create action plans to implement positive changes in your relationship.



Workshop Format.

This interactive and engaging workshop combines presentations, experiential exercises, group discussions, and couple-based activities. Couples will have the opportunity to interact with the facilitators and other participants, share experiences, and practice new skills in a supportive environment. Couples are encouraged to actively participate, ask questions, and engage in self-reflection throughout the workshop.

Who Should Attend?

This workshop is open to couples of all backgrounds, whether married, in a committed relationship, or considering long-term commitment. It is suitable for couples at various stages of their relationship, including those who are newly together and looking to build a strong foundation, those who have been together for some time and are seeking to deepen their connection, or those facing challenges and looking to improve communication and resolve conflicts. The workshop provides tools and strategies to enhance understanding, intimacy, and mutual respect, ensuring a healthier, more resilient partnership.

By the End of the Workshop...

Couples will have gained valuable insights, practical tools, and a renewed sense of hope to create a more loving, fulfilling, and resilient relationship. The "Strengthening Your Relationship" workshop provides a solid foundation for couples committed to nurturing and sustaining a thriving partnership based on the principles of Gottman Couples Counseling.

THE SCHEDULE

"Strengthen Your Relationship" with the Gottman Method.

A Comprehensive 6-Hour Workshop

9:00 am - 3:30 pm

9:00 AM	<p>Introduction and Welcome.</p> <ul style="list-style-type: none">• Brief overview of the workshop objectives and format.• Meet the facilitators and become aware of their experience in Gottman Couples Counselling.• Relax and feel safe in this supportive environment. <p>Understanding the Gottman Method.</p> <ul style="list-style-type: none">• Learn the Gottman Method and its core principles.• Understand the research and evidence-based techniques supporting the approach.• Fully appreciate the importance of creating a strong foundation for lasting relationships.
10:00 AM	<p>Enhancing Communication.</p> <ul style="list-style-type: none">• Understand the importance of effective communication in relationships.• Learn and participate in the "Speaker-Listener Technique" for healthy dialogue.• Practice additional active listening exercises, expressing needs, and validating emotions. <p>Nurturing Friendship and Intimacy.</p> <ul style="list-style-type: none">• Explore the significance of friendship and emotional connection.• Learn new tools and activities to foster intimacy, trust, and shared experiences.• Discuss how to better cultivate the rituals of connection in daily life.

11:00 AM

Managing Conflict.

- Understand the role of conflict in relationships.
- Learn Gottman's "Four Horsemen" and comprehend their impact on relationship dynamics.
- Learn conflict management strategies, including "Softened Startups" and "Repair Attempts."
- Role-play exercises for constructive conflict resolution.

Building Love Maps.

- Explore the concept of "Love Maps" and its relevance to relationship satisfaction.
- Learn techniques to enhance knowledge and understanding of your partner's world.
- Build shared dreams and aspirations.

LUNCH BREAK (30 MINUTES)

12:30 PM	<p>Cultivating Positive Sentiment Override.</p> <ul style="list-style-type: none">• Explore the importance of positive emotions and appreciation in relationships.• Identify and fostering positive interactions.• Learn practical exercises to promote fondness, admiration, and gratitude. <p>Managing Relationship Stress.</p> <ul style="list-style-type: none">• Recognize external stressors and their impact on the relationship.• Learn stress management techniques for individuals and couples.• Conceive strategies for maintaining a healthy work-life balance.
1:30 PM	<p>Strengthening Commitment and Trust.</p> <ul style="list-style-type: none">• Discuss the significance of commitment and trust in long-term relationships.• Build trust through transparency, accountability, and forgiveness.• Learn new activities to deepen emotional bonds and create a shared vision for the future. <p>Applying Gottman's Research.</p> <ul style="list-style-type: none">• Overview of key research findings from the Gottman Institute.• Practical application of research-based techniques to individual relationships.• Q&A session to address specific concerns and scenarios.
2:30 PM	<p>Developing Personalized Action Plans.</p> <ul style="list-style-type: none">• Reflection on workshop insights and key takeaways.• Collaborative discussion and goal setting for implementing positive changes.• Creation of personalized action plans for ongoing relationship growth. <p>Closing and Resources.</p> <ul style="list-style-type: none">• Recap of the workshop highlights and key learnings.• Distribution of resources, recommended reading materials, and online support options.• Final Q&A session and closing remarks.

SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



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