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Nevada License PY0383

Goals of Gottman Method™ Couples Therapy

While I have taken training in the Gottman Method™ of couples therapy and have become a Certified Gottman Therapist, I want you to know that I am completely independent in providing you with clinical services and I alone am fully responsible for those services. The Gottman Institute or its agents have no responsibility for the services you receive.

The following are the goals of the couple's therapy that I provide using the Gottman Method™:

1. End relationship gridlock on perpetual issues, replacing gridlock with dialogue on the perpetual issues that will probably never be solved
2. Establish Six Social Skills:
 - a. Replace the Four Horseman (Criticism, Defensiveness, Contempt and Stonewalling) with the antidotes (Softened Startup, Accepting Responsibility for a part of the issue, a Culture of Appreciation instead of Criticism and Self-soothing)
 - b. Softened startup in raising issues
 - c. Accepting influence from one another
 - d. Physiological soothing during conflicts
 - e. Effective repair and de-escalation of conflict
 - f. Compromise in conflict resolution
3. The couple will be able to process an argument without the therapist
4. The couple will be able to move from the attack-defend mode of discussing issues to a collaborative mode
5. Build the couple friendship
 - a. Process failed bids for connection
 - b. Create and maintain Love Maps
 - c. Nurture your Fondness and Admiration System
 - d. Create understanding of bids and turning toward: the right balance of intimacy and autonomy
6. Honor one another's life dream
7. Build the Shared Meaning System
8. Minimize relapse after termination of therapy
 - a. Create rituals for talking about issues
 - b. Rituals for initiating and refusing sex, and talking about it
 - c. Rituals for fun and renewal of courtship
 - d. Rituals of stress management