



Gottman Level I Couples Therapy Clinical Training Certification

*Sponsored by the Mu Beta chapter of Chi Sigma Iota
at Western Michigan University*

The two-day level I training will give you new insight into couples' struggles using research-based assessments and effective interventions. This video training program combines video lecture footage presented by Drs. John and Julie Gottman, actual video from Dr. John Gottman's research with couples, and film clips from the Gottmans' clinical practice. This training is for mental health providers, allied professionals and clergy, students and interns, family clinic staff, professors/teachers of couples therapy, researchers in the social sciences, and employee assistance professionals.

You will receive a 300-page clinical training manual written by Drs. John and Julie Gottman. The manual includes the latest research in Gottman Method Couples Therapy plus 25 new Relationship Assessment Questionnaires and eight key Gottman Method Interventions. Clinicians will be able to use and apply the Assessments, Interventions, and clinical tools immediately with their couples. This program is eligible for 11 Continuing Education hours through PESI, for an additional \$29.99. Information on purchasing CE hours will be discussed on day 2 of the training.

To receive your level I certification, you must be in attendance for the entire training. Attendance is monitored by a proctor, Dr. Stephanie Burns, Assistant Professor of Counselor Education and Counseling Psychology for those desiring certification and/or continuing education credits.

Educational Objectives of this Video Training

- ◆ How couples really sustain their marriages—in contrast to common myths and misconceptions
- ◆ How the quality of relationships affects the immune system, physical health & well-being
- ◆ How marital problems change over time, but never go away—even in happy couples
- ◆ Proven strategies and tools to help couples successfully manage conflict
- ◆ Skills that empower partners to dialogue about their worst gridlocked issues
- ◆ Methods to help couples process their fights and heal their hurts
- ◆ Techniques for couples to deepen their intimacy and minimize relapse

Certification Parking Information

◆ If you do not have a WMU Main Campus parking pass, you are required to purchase a permit to park. You can pre-order one with your registration and it will be e-mailed to you the day before the certification training. You can also wait and purchase a daily permit the day of the workshop for \$5 at 2507 W. Michigan Avenue (one block east of the intersection of Howard Street and W. Michigan Ave) (269) 387-4609. If closed, permits may be obtained at the WMU Police Station at 511 Monroe Street (269) 387-5555. If you are paying for a parking permit, you must park in Lot 80 in the parking spaces marked C, W, or Any Valid Permit (D-8 on the campus map). www.wmich.edu/maps/wmupmap.pdf

Certification Registration Rates & Payment Methods

Register at <http://www.stephanietburns.com/gottman.html> and pay with your bank account, credit card, debit card, PayPal Credit, and/or PayPal Balance. We cannot offer refunds after March 27, 2017.

Have a WMU Main Campus Parking Pass

- ◆ **\$125** for current Chi Sigma Iota members.
- ◆ **\$150** if you are not a Chi Sigma Iota member.

Need a WMU Main Campus Parking Pass

- ◆ **\$130** for current Chi Sigma Iota members.
- ◆ **\$155** if you are not a Chi Sigma Iota member.

Seating is limited. Registration and payment must be made online by March 27, 2017.

Friday, April 7, 2017
Sangren Hall Room 1740
8:45am-5pm

AND

Saturday, April 8, 2017
Sangren Hall Room 1740
8:45am-5pm

Lunch is NOT included. An hour break for lunch will be provided. Close campus options include Flossie's Café, Berhard Café, Hoekje/Bigelow Dining, Biggby Coffee, Santorini Island Grill, and Subway.