

**COUPLE RELATIONSHIP THERAPY:
A RESEARCH-BASED APPROACH**
Led by Jana Staton, PhD, LCPC
Based on the Work of Dr. John Gottman



***Video Seminar, Sat. Jan. 21 & 28,
2012***

***Room 110, UM Phyllis J. Washington
College of Education & Human Sciences***

***PLUS 4-month Optional Study
Group***

Continuing Education Available for Both

A two-day seminar using videos from the Gottman Institute Level I couples therapy training will introduce the theory, concepts and techniques of John Gottman's research-based couples therapy, combining CBT and emotionally-focused approaches. The seminar is for all mental health providers who want to become more proficient in working on relationship issues with couples, or with individual partners.

Seminar participants will receive the Gottman Institute Manual and be enrolled for 11 CEs from the Gottman Institute, by online examination at your own pace afterward.

Video Seminar: January 21 & 28, 2012

Cost: \$250 (includes \$180 for Gottman Manual + 11 CEs on completion of online test afterward)

Study Group(early morning weekdays) Feb-May 2012

Cost: \$250, 12 *additional* CEs applied for, Location TBA

– You can sign up after the Seminar

A 12-week study group will begin in February to help you apply and practice the interventions, and to make studying for Gottman CEs a snap. It will combine Gottman techniques and interventions with my own experience using this approach in private practice with couples in Missoula since 2000. Designed for those in active practice, the group will cover couple dynamics, assessment, therapeutic interventions for conflict management, communication, attachment, relapse prevention, and additional clinical material on adult intimacy and healthy sexual functioning. Group will provide 12 additional continuing education units. (See other side for more information.)

**TO REGISTER FOR SEMINAR: Call Dr. Jana Staton,
543-9491 or email mwlc@montana.com**

Gottman Institute Level I, *Bridging the Couple Chasm*, Includes:

- What successful couples do to sustain their marriages—in contrast to common myths and misconceptions.
- How the quality of relationships affects the immune system, physical health and well being.
- How to help couples feel a renewed sense of caring and partnership through emotional connection, in the first session, so they'll come back.
- Effective approaches to help couples process arguments safely, including brief crisis counseling in agency settings.
- Techniques that help resolve solvable problems and lead to dialogue on grid-locked ones.
- The key points in couples' interactions, when interventions will be most effective.
- Therapeutic methods to help couples enhance their friendship and shared meaning

The DVD shows an actual 2-day Level I Training Workshop led by John and Julie Gottman. (The cost to purchase the homestudy DVD & Manual for individual use is \$300). In addition, seminar participants will receive the Gottman Level I 200-page manual, containing a succinct explanation of research and theory of couple counseling, assessment instruments, and an extensive library of couple interventions for immediate use – a gold mine for clinical practice.

Group Study Process

Viewing the videos and studying the manual is the basis for passing the Gottman Institute test. The study group will offer 12 additional CEs. The group is designed for those who are seeing couples or want to incorporate relationship therapy into their practice.

- Review short segments from the videos (circulating copy for additional review available).
- Discuss applications in clinical practice, focusing on the structure, process and goals of couple or individual relationship counseling.
- Understand the theory, research findings and constructs for completing the CE assessment online.
- Discuss additional material from Staton case files demonstrating practical clinical use of theory and interventions with couples.
- Group will meet every week for about an hour and 15 minutes; circulating DVD copy of available for additional review and study.
- Meeting day and time will be decided by those signing up after the seminar. An 8:30-8:45 start time has worked best.
- Location will be determined based on number participating; Minimum for group is 5.

Jana Staton, PhD, LCPC, completed doctoral studies in Counseling Psychology at UCLA, with two additional years post-graduate study for the Marriage and Family Therapy certificate from Virginia Polytechnical Institute, Fairfax, VA. She has been in private practice in Missoula since 2000, serving all couples. She was a founding Board Member of the Montana Association for Marriage and Family Therapy, and a Program Advisor to the national Coalition for Marriage, Family and Couples Education (CMFCE), presenting annually at the CMFCE Smart Marriages, Happy Families Conference. She currently supervises interns for Counselor Education at the University of Montana and offers classes for couples in Missoula at MCPS Adult Learning Center. She has also consulted with the Missoula Vet Center, Head Start, Early Head Start, Families First & WORD on relationship education for couples and individuals.

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