

Gottman Level I: Day 1 & Day 2 Schedules

Day One

9:00 - 10:30 am The Research & Theory

10:30 – 10:45 am BREAK

10:45 – 12:00 pm Assessment Overview

12:00 – 1:25 pm LUNCH

1:30 – 3:00 pm Assessment Sessions

3:00 – 3:15 pm BREAK

3:15 – 4:00 pm Film: Assessment

4:00 – 5:00 pm Q & A

Day Two

9:00 – 9:45 am Introduction to Intervention

9:45 – 10:10 am Conflict Management

10:15 – 10:30 am BREAK

10:30 – 11:50 am Conflict Management (continued)

11:50 – 12:00 pm Q & A

12:00 – 1:15 pm LUNCH

1:15 – 3:15 pm Building Friendship & Shared Meaning

3:15 – 3:30 pm BREAK

3:30 – 3:55 pm Process of Therapy

3:55 – 4:15 pm What's Next: Additional Training

4:15 – 5:00 pm Q & A