



Join us for a transformative training experience!

GOTTMAN LEVEL 1 TRAINING

Instructors: Dr. Cyrus Williams,
Rodney A. Fry, and Rebecca Burt



Save the Date
October 3 -4, 2025
Contact Us

For further inquiries, please reach out to Rodney A. Fry at rodnfry@mail.regent.edu or Rebecca Burt at rebebu4@mail.regent.edu. They are happy to provide more details regarding the Gottman Level 1 Training.

Additional Info

Relationship Therapy

Training Objectives

At the completion of this training, you will be able to:

Summarize the research that allows us to predict future relationship stability.

Describe the seven levels of the Sound Relationship House Theory.

Conduct a couple's therapy assessment using elements of the couple's narrative, the Oral History Interview, written questionnaires, observations of conflict and individual interviews.

Describe two interventions to help strengthen a couple's conflict management.

Describe two interventions to enhance a couple's friendship system.

Describe two interventions to explore a couple's system of shared meaning.

Explain why physiological self-soothing is essential for a healthy relationship.

Create a therapeutic contract with a couple, discuss and decide on goals

Describe the Philosophy of Therapy and including assumptions

Describe the Rapoport Intervention and when to use it.

Describe the process of therapy, including the structure of a session.

Gottman Level 1

Save the Date

October 3-4, 2025

In this workshop, you will be provided with a research-based roadmap for helping couples compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams based on the Sound Relationship House Theory.

You will be introduced to Dr. Gottman's breakthrough research on thousands of couples to understand the difference between the "Masters" and "Disasters" of relationships. If you are not already doing assessment, this training will teach you how to assess a relationship's strengths and areas of concern using empirically validated questionnaires.

