

# Understanding Gottman Couples Therapy

Gottman Method Couples Therapy (GMCT) is a research-driven approach to couples counseling that aims to help couples understand and improve their relationships through practical, evidence-based strategies. Developed by Drs. John and Julie Gottman, this method uses structured interventions that make conflict constructive and beneficial, improve and deepen emotional connection, and build a positive foundation, uniquely differentiating itself from other forms of couples therapy.



## What Makes the Gottman Method Couples Therapy (GMCT) Effective:

### ➤ Structured Assessment Process

GMCT begins with an in-depth assessment phase that includes questionnaires filled out by each partner, helping couples understand their unique strengths and areas for improvement.

### ➤ Positive Perspective Focus

Building a "culture of admiration" is central to the Gottman approach. Couples learn to cultivate positive regard, expressing fondness and respect, which strengthens their bond.

### ➤ Differentiating Conflicts

GMCT offers many tools to help couples turn destructive conflict into opportunities for a deeper connection. It helps couples ensure everyone feels heard and respected. It teaches couples that some issues are ongoing and may not be "resolved" but used to deepen connection and understanding through effective compromises.

### ➤ Active Therapeutic Involvement

Unlike passive therapeutic approaches, the therapist actively intervenes, guiding communication, interrupting negative patterns, and helping partners practice healthier ways of interacting.

### ➤ Continued Practice Outside Therapy

GMCT emphasizes applying what is learned in therapy to everyday life. Couples receive tools and techniques to practice at home, ensuring that the positive changes made in therapy can be reinforced and maintained.

**At Gooding Wellness, we have several therapists trained in the Gottman Method, ensuring we can provide couples with the highest level of support tailored to their unique needs.**



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