

# COU574 Gottman Couples Theory

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## Synopsis:

In this introductory module, the students will learn what couple research knows about relationships based on the clinical work done by John Gottman and colleagues over the past 30 years. The trainee therapists will learn some techniques of applying these research findings in assessment and intervention for couples. The module will focus on the following themes: Sound Relationship House Theory, some assessment tools to determine the dynamics of couple's relationship, intervention to address problematic couple's interactions based on research-based couple therapy.

## Topics:

- Introduction to Gottman Couples Therapy
- Research and Theory
- Myths about Dysfunctional and Failing Relationships
- Dysfunctional Elements in Failing Couple Relationships
- Functional Elements in Couple Relationships
- Summary Checklist for Dysfunctional and Healthy Relationships
- Sound Relationship House
- Four Horsemen of Apocalypse
- Assessment Session 1: How Therapy Works, Assessing Couple Together and their Relationship
- Assessment Session 2: Individual Sessions
- Assessment Session 3: Therapeutic Contract - One Conjoint Session
- Intervention 1: Philosophy of Therapy
- Intervention 2: Conflict Management
- Intervention 3: Building Friendship and Shared Meaning

## Learning Outcome:

- Formulate the philosophical and theoretical framework underlying Gottman Couples Therapy (GCT)
- Appraise the key concepts in the Sound Relationship House, assessment and interventions for couples in therapy
- Organise the GCT theoretical concepts, assessment and interventions into a coherent approach for a given case in couple therapy
- Demonstrate the GCT clinical skills needed to address the presenting issues, and work with the couples to improve their relationship
- Design strategies to conduct psycho-education for couples based on GCT philosophical and theoretical framework
- Apply the GCT technique(s) and skills appropriately in a given couple therapy session

## Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
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Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.