



The Marriage Clinic - A Scientifically Based Marital Therapy

John M. Gottman

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Here one will find not only a wide range of succinct and useful assessment procedures, but also a highly specific, research-based, and modularized treatment program. In addition, there are dozens of questionnaires and interview protocols to be used in both assessment and intervention.

In prospective, long-term research with over 700 couples, Gottman has discovered certain factors that distinguish happy, stable couples from both unstable, ultimately divorcing couples and stable but unhappy couples. These findings, which are explained here in understandable, nontechnical language, form the basis of his Sound Marital House theory of marriage, which guides the new therapy. This therapy has two goals: changing the marital friendship and teaching couples to regulate conflict.

Despite the high aims of much marital therapy, Gottman found that most marital conflicts involve fundamentally unresolvable relationship issues called "perpetual problems." He shows how therapists can help spouses move from gridlock to dialogue on these issues. Solvable problems can be resolved more easily when the couple has a strong marital friendship. He gives therapists the tools to teach spouses five fundamental skills to develop and strengthen their friendship: softened start-up, accepting influence, repair and de-escalation, compromise, and physiological soothing.

Gottman compares his clinic to a restaurant, where clients are offered a menu of treatment formats, from psychoeducation for specific issues to extended therapy to repair a badly damaged marital friendship. Therapists, too, can choose among the questionnaires and strategies for those that fit the needs of particular couples. Whatever their choice, they will find that their practice is greatly enriched by the scientifically-based offerings of *The Marriage Clinic*.

The Marriage Clinic - A Scientifically Based Marital Therapy Details

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From Reader Review The Marriage Clinic - A Scientifically Based Marital Therapy for online ebook

Stacy Marian says

Gottman is amazing but this is one of his most challenging books as far as density and ease of reading.

Desi says

THE book to use if doing Gottman therapy with couples. Fantastic theory based solidly in science. Definitely geared to the clinician. If interested in reading a book written for self-help, this isn't it. But please read his other books!

Quizaya says

Read this after participating in the gottman marriage seminar. Wow, I can see me and my husband in so many of these case studies. I really wish that we had a gottman clinician in our area.

Maureen says

Lots and lots of clinical questionnaires

Erik Kohl says

This is a great book to have on your shelf if you do marriage counseling.

Vanessa says

this book is a revelation...for the currently or previously or not-yet married--if you have been in an intimate relationship with someone or aspire to be, the rich and incredibly insightful info here applies to you! the Gottmans have done some of the only empirically validated research on couples and found the patterns of behavior that predict success and stability vs. divorce or dissolution. i learned a lot about myself reading this book and wish that i'd read it years ago!

Jose says

Changes the way I look at marital therapy, my understanding of science improves, and i now believe this to be the book i will be using extensively with my students. too bad it took me this long to get to this research.

Georgia Bryce says

OUTSTANDING!!

FractalHealing says

Text book for Couple therapy class with Dr. Luskin as a part go PsyD Clinical Psychology

7 principles on the road to happily ever after by John Gottman.

Summary of Gottman Method Couples Therapy

1. Enhance your love map
 2. Nurture fondness and admiration
 3. Turn toward each other
 4. Let your partner influence you
 5. Solve your solvable problems
 6. Overcome gridlock
 7. Create shared meaning
-

Nathan Schneider says

Mull through the statistical research and this is a great resource for marriage counseling. Gottman's approach to marriage therapy is a compilation/ critique of popular research and his own extensive research. His model is specifically explained and the process is easy to follow with plenty of case studies. Study the principles in this book for an easy to adapt model of marriage therapy.

Sandra says

I really appreciate all the research Gottman has done to provide us with up to date research on relationships and marriages. However I didn't find his style of writing engaging and I also found that his theory did not mesh well with my worldview. I will say that there are a lot of useful tools in this book as far as interventions with couples.
