

## **Justice Institute of British Columbia COURSE OUTLINE**

**Course Code:** SPE118

**Course Title:** Gottman Couples Therapy, Level 2: Assessment, Intervention and  
Co-Morbidities

**Prerequisite Courses:** Gottman Couples Therapy, Level 1

**School:** School of Community and Social Justice

**Division/Academy/Centre:** Centre for Counselling and Community Safety, Counselling and  
Capacity Building

**Previous Course Code & Title:**

**Course First Offered:** June 2012

<b># of Credits:</b>	Non- credit
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### **Course Description:**

In this four-day course, you will deepen your understanding of Gottman Method Couples Therapy and expand your strategies and interventions in your work with couples. You will build on the relationship theory presented in Level 1 and enhance your skills in observation, couple dynamics, relationship assessment, treatment planning, interventions, and working with co-morbidities.

### **Course Goal(s):**

For clinicians to effectively integrate Gottman Method Couples Therapy assessments and interventions into their clinical practice.

### **Learning Outcomes:**

Upon successful completion of this course, the learner will be able to:

1. Learn to assess the quality of a couple's friendship, romance and passion using the Gottman Method Assessments.
2. Learn to assess the effectiveness of a couples management of conflict and what key areas need intervention.
3. Evaluate a couple's ability to create shared meaning and honor each other's dreams.
4. Use research based interventions to strengthen your couple's relationship skills.
5. Interrupt the Four Horsemen in order to have a more constructive dialogue.
6. Physiologically self-soothe in order to prevent escalated quarrels.
7. Teach how to avoid the "Attack-Defend" cycles in order to listen better.
8. Help couples dialogue about their grid-locked conflicts, rather than avoid them.
9. Help couples create rituals of connection.
10. Guide couples to create a system of shared value and meaning.

11. Identify, assess and provide intervention for at least five different co-morbidities common to couples, including affairs, PTSD, and depression

**Course Topics/Content:**

- Basic observation
- Assessment-Friendship profile, Conflict profile, Individual interview, Summary and Treatment Planning
- Core Assessments
- Gottman Method Interventions
- Co-Morbidities

**Text and Resource Materials:**

**Required:**

Assessment, Intervention, and Co-Morbidities Manual (Provided)

**Recommended:**

Any John Gottman book including: The Seven Principles for Making Marriages Work, The Relationship Cure, Why Marriages Succeed or Fail

**Course Level:**

	First Year		Second Year		Third Year		Fourth Year
	Graduate	X	Other (describe):				

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

<b>Delivery Methods</b>	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion Includes Film segments	19			
Role play scenarios	4			
Question/Answers	5			
Online				
Correspondence				
<b>Total Class Hours</b>	28			

**Comments on Delivery Methods:**

**Course Grading System:**

	Letter Grades		Percentage		Pass/Fail
	Complete/Incomplete	X	Attendance Only		

<b>Passing Grade:</b>	N/A
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**Evaluation Activities and Weighting:**

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation Activities and Weighting:**

**Other Course Guidelines, Procedures and Comments:**

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

**Academic Regulations:**

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

Student Academic Integrity Policy  
 Academic Progression Policy  
 Admissions Policy  
 Academic Appeals Policy  
 Evaluation Policy  
 Grading Policy

**Student Policies:**

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

Access Policy  
 Harassment Policy – Students  
 Student Records Policy  
 Student Code of Conduct Policy

**JIBC Core Competencies**

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

**Critical thinking**

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

**Problem solving**

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

**Communication, oral and written**

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

**Leadership**

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

**Independent learning**

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

**Interpersonal relations**

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

**Inter-professional teamwork**

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

**Information literacy**

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.