

The Art & SCIENCE of Love

A Workshop for Couples

The Workshop Program

The *Art and Science of Love Workshop* is based on the work of John Gottman, Ph.D. Dr. Gottman has learned what really makes relationships work by studying and following over 3,000 couples in over 30 years of research. This workshop is designed to teach you exactly what successful couples do to foster romance and harmony in their relationships. During the first day, you will learn how to build fondness, admiration, and closeness in your relationship. On the second day, you'll work on conflict management while learning new and important communication skills. Couples work privately on exercises designed to address the challenges in real-life relationships. Certified Gottman therapists are available to support couples one-on-one with exercises. **While the nature of this workshop is psycho-educational, all information gathered from couples will be kept absolutely confidential. There is no group work or public disclosure.**

Who Should Attend

This workshop is designed to strengthen your marriage or relationship. If you have a strong relationship, this workshop will provide you with the insights and tools to make it a great one. If your relationship is distressed, then this two-day workshop will provide a road map for repair.

What You'll Learn

At the workshop, couples will learn how to:

- Foster respect, affection, and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict grid-lock
- Strengthen and maintain the gains in your relationship

Workshop Topics

The Five Basic Questions

- How is your marriage/relationship doing?
- What makes relationships change, for better or for worse?
- If your relationship is in trouble, how can you turn it around?
- If your relationship is doing well, how can you ensure that it will continue to grow?
- As your relationship improves, how can you make changes last?

Assessing your relationship

- Learn to recognize the *Four Horsemen of the Apocalypse* and what to do if they are attacking your relationship
- Identify your relationship's specific strengths and how to build on these
- Learn about the effects of *physiological flooding* and how it may affect conflict resolution
- Learn small, easy steps that increase romance in your relationship

Build a "Sound Relationship House"

- Use the *Fondness and Admiration System* to renew respect and care for one another
- Create an *Emotional Bank Account* that you can draw upon in times of stress
- Develop your problem-solving skills, including the four techniques of effective conflict resolution: *Softened Start-Up, Accepting Influence, Repair Work and De-escalation*
- Find out how you can make your dreams and aspirations come true for you, your partner, and your relationship



Workshop Information

February 6 & 7, 2010 - 8:30-5:00

Registration and check-in:
Saturday 8:00-8:30

St. Patrick's Seminary Grounds
320 Middlefield Road
Menlo Park, CA 94025

Early registration fee \$550
(on or before **January 15, 2010**)

Standard registration fee \$600
(after **January 15, 2010**)

Contact: Dr. Robert Navarra
650 593-8087 or www.robertnavarra.net

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WAYS TO REGISTER:

MAIL: Dr. Robert Navarra
1209 Eaton Ave, Suite 1
San Carlos, CA 94070

PHONE: (650) 593-8087

Fax: (650) 631-0398

Name #1 _____

Name #2 _____

Address _____

City, State & Zip Code _____

Daytime Phone _____

Evening Phone _____

Fax _____

Email _____

Need physical accommodation? How can we assist you?

_____ Early Registration \$550 per couple
(on or before **January 15, 2010**)

_____ Standard Registration \$600 per couple
(After **January 15, 2010**)

Make checks payable to **Dr. Robert Navarra**

___ Enclosed is my check for \$_____

___ I wish to pay by credit card

___ MC ___ Visa ___ Discover

Name on credit card: _____

Card # _____

Authorizing Signature: _____
For Mailing/Fax Option

Exp: _____ CSV code: _____

Transfer/Cancellation Policy: Every couple has a full year to use their registration and transfers are free. If you cancel prior to January 15, 2010, a full refund minus \$50 processing fee can be given.

This Art & Science of Love workshop is offered independently of The Gottman Institute. Certified Gottman Couples Workshop Leaders are Certified Gottman Therapists who have been specifically trained by The Gottman Institute to present the Art & Science of Love couples workshop curriculum designed by Drs. John and Julie Gottman.

