

SENIOR GOTTMAN CERTIFIED COUPLES WORKSHOP LEADERS

Nina Grueneberger, LCSW



Nina Grueneberger is a Certified Gottman Method Couples Therapist. She is also a Board Certified Diplomate through the National Association of Social Workers. Nina has an extensive background in the mental health field for 22 years where she has taught couples counseling courses, supervised interns, and has worked with groups,

individuals, families, and couples. She has a successful private practice in Sacramento, California where her main focus is on helping her clients have healthier relationships with themselves, their significant others, and their environments.

Robert Navarra, Psy.D., MFT



Bob holds a Doctorate in Psychology and is a Licensed Marriage and Family Therapist. In private practice for 27 years with an office in San Carlos, CA, he also provides consultation/training to therapists interested in Gottman Method Therapy. Additionally, Bob is a

Research Associate and the Clinical Director of Center for Couples in Recovery at Mental Research Institute in Palo Alto and has published his research and presented on recovering couples at conferences. Bob recently co-authored a chapter with Dr. John Gottman on Gottman Method Therapy and is collaborating with Dr. Gottman on research with couples in recovery from chemical addiction.



**Level 2 Training:
Assessment,
Intervention, and
Co-Morbidities Designed by
Drs. John & Julie Gottman
Presented by Robert Navarra, Psy.D. &
Nina Grueneberger, LCSW**

Nina Grueneberger, LCSW
3010 I Street
Sacramento, CA 95816



Now Offering

Level 2 Training: Assessment, Intervention, and Co-Morbidities (Four Days)

March 1, 2, 3, 4, 2012:

320 Middlefield Road,
Menlo Park, CA

Presented by
Robert Navarra, Psy.D. &
Nina Grueneberger, LCSW

This course is approved for 27 CE credits
through R. Cassidy Seminars

Pre-requisite: You must complete the Level 1 training before attending the Level 2 training.

In this workshop, you will:



- Refine your clinical skills
- Learn to internalize and integrate the powerful, research-based Gottman Method Assessment and Intervention techniques.
- Gain insight as to when to use these methods and when couples therapy is contraindicated.
- Become skilled in using our Level II Clinical Manual which now includes revised Gottman Core Assessments, Gottman Supplemental Assessments and more than 50 Gottman Interventions
- Take part in presentations: practice using Assessments and Interventions in group role-plays, view demonstration films, and participate in extensive discussions with Senior Certified Gottman Therapists and clinicians from around the world.
- Receive supportive coaching from Gottman Consultants, and Senior Certified Gottman Therapists as you participate in experiential exercises.
- Engage in vital dialogue regarding Gottman Method Couples Therapy.

Who Should Attend:

Participants working in the following fields will benefit from this training:

- Mental health providers
- Allied professionals and clergy
- Students and interns
- Family clinic staff
- Professors/teachers of couples therapy
- Researchers in the social sciences
- Employee assistance professionals

Workshop Objectives

Participants will be able to:



- ☑ Assess a couple's "Friendship Profile," "Conflict Profile," and "Shared Meanings Profile."
- ☑ Develop interventions that couples can use as antidotes to the "Four Horsemen."
- ☑ Help couples to soothe physiological flooding.
- ☑ Apply six modes of changing the "Attack/Defend System" in a couple's interactions.
- ☑ Assist couples in establishing dialogue about their grid-locked conflicts.
- ☑ Select and implement interventions to help couples deepen their "Friendship System" with rituals of connection.
- ☑ Select and implement interventions to help couples create a shared system of values and meaning
- ☑ Identify and implement five different co-morbidities common to couples using Gottman Couples Therapy Assessment and Intervention



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Cost:

\$800.00 - Regular Registration (Payable in 2 installments)

\$700.00 – Student and Group Registration (3 or more register at same time)

For Information Contact:

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