

Video Review for Certification

	1st Submission		2nd Submission		3rd Submission	
	Date	Pass?	Date	Pass?	Date	Pass?
Four Horsemen						
Flooding						
Dreams Within Conflict						
The Art of Compromise						

Candidate is ready to be certified as a Gottman Therapist.

Candidate is not ready.

Final Comments:

Name of Candidate: _____

Name of Reviewer: _____

Date: _____

General Requirements for Candidates

The successful candidate for certification in Gottman Method Couples Therapy must demonstrate their competence and proficiency in five major categories.

1. The Candidate will behave professionally.

It is expected that therapists associated with TGI will maintain a professional level of conduct with colleagues and will behave in ways that are consistent with the ethical standards of our profession in respect to their clinical work.

2. The candidate must demonstrate excellent overall therapeutic skills.

All therapists must have certain traits and skills to do the work of the therapist. These include empathy, listening skills, warmth and caring. For one to be a good Gottman Therapist, they must be a good therapist in general.

3. The candidate must demonstrate excellent skills for dealing with the specific dynamics of couples therapy.

Couples therapy contains many challenges that are different from individual therapy. For example, therapists must be aware of negative feelings which are often hidden by the clients themselves and must work to avoid taking sides with one against the other.

4. The candidate must demonstrate a thorough understanding of Gottman theory of couples dynamics, the scientific research that underlies that theory and the clinical interventions which arise from that theory. In the set-up or discussion of each intervention, include a brief statement of the corresponding research.

Gottman Method Couples Therapy arose from detailed scientific analysis of couples and the factors that predict the future trends of a relationship. For example, escalation of negativity during conflict predicts breakup or divorce with high accuracy. Using that as a basis, the GMCT is trained to recognize the signs of that escalation, and to use the appropriate intervention to help the couple reverse the process. The workshops, consultation and evaluation processes are designed to help the candidate become knowledgeable and proficient as a GMCT.

5. The dyadic dynamic is a main tenet of Gottman Method Couples Therapy and is inherent to the overall approach.

While coaching is requested in certain interventions, the candidate will remember to bring their clients back to a dyadic dynamic—partners talking to each other, rather than speaking directly to the therapist. Clarify, coach, etc., then return the clients back to dyadic conversation to continue the intervention.

Video Review Forms

In the pages that follow, you will see the evaluation forms for each of the four interventions that are part of the review process. These are expectations provided for successful completion of the review process. Please keep in mind that the general and the specific requirements are both essential for a successful submission.

As you work with your consultant, please use these forms to help you evaluate your own work. You should also discuss with your consultant your self-evaluations as well as theirs. There may still be times when the reviewer sees the video differently than you or your consultant. It's best to view these occasions as opportunities to learn more about the Gottman Method.

Name of Candidate: _____ Date: _____

Requirements for Four Horsemen Intervention

Basic structure and purpose of this intervention

1. This video must show the candidate's skill in recognizing and treating the Four Horsemen when one or more of them appears in a conversation between the partners. Please note that not all negative exchanges are Four Horsemen.
2. Please note that the goal is to interrupt an actual negative conversation, not to provide information about the concept.
3. No edits of the video are permitted.
4. Time codes should be provided when requested.

General requirements for the therapist	LOW		HIGH		
	1	2	3	4	5
1. Reads and interprets clients' affect appropriately.					
2. Demonstrates respect, empathy, and a trusting alliance with both partners.					
3. Avoids bias or taking sides with one partner.					
4. Demonstrates sensitivity to issues of race, gender identification, sexual orientation, cultural issues, religion, etc. Avoids inappropriate jokes or insensitive attempts at humor.					
5. Maintains appropriate boundaries regarding touch.					

Specific requirements for the therapist	1	2	3	4	5
1. Couple must be in direct dialogue with each other. Working within the couple's dyad is a basic tenant of Gottman Method.					
2. Stops the couple's interaction when one (or both) individuals exhibit one of the Four Horsemen during direct dialogue between the partners. TIME CODE:					
3. Explains in a few words the reason for the stop using a gentle approach.					
4. Briefly shares relevant, accurate research findings. TIME CODE:					
5. Explains the antidote to the relevant Horseman clearly and accurately.					
6. Coaches person to construct new response based on the antidote.					
7. Assists the couple to resume conversation using the antidote, and coaches as long as needed.					
8. Shows several minutes of improved conversation after the intervention.					
9. Repeats the process if Four Horsemen behaviors recur.					

Standards met: Yes No

Reviewer's Comments, continued next page

Name of Candidate: _____ Date: _____

Requirements for Four Horsemen Intervention

Reviewer's Comments:

Name of Candidate: _____ Date: _____

Requirements for Flooding Intervention

Basic structure and purpose of this intervention

1. This video must show the candidate's skill in recognizing and treating flooding when it appears in one or both partners. Please note that not all negative feelings are flooding.
2. Please note that the goal is to interrupt an actual moment of flooding as it is occurring in one or both partners, not to simply provide information about the concept. Flooding must be measured by heart rate escalation over 100 BPM.
Pulse Oximeters, smart watches, phone apps, or manual checks may be used.
3. One edit of the video omitting the calming exercise is permitted, if necessary. Calming exercise must take sufficient time for heart rate to return to normal, but the video must show only the beginning and the ending of the calming intervention.
4. Time codes should be provided when indicated.

General requirements for the therapist	LOW				HIGH
	1	2	3	4	5
1. Reads and interprets clients' affect appropriately.					
2. Demonstrates respect, empathy, and a trusting alliance with both partners.					
3. Avoids bias or taking sides with one partner.					
4. Demonstrates sensitivity to issues of race, gender identification, sexual orientation, cultural issues, religion, etc. Avoids inappropriate jokes or insensitive attempts at humor.					
5. Maintains appropriate boundaries regarding touch.					

Specific requirements for the therapist	1				
	1	2	3	4	5
1. Couple must be in direct dialogue with each other.					
2. Stops the couple's interaction when one (or both) individuals exhibit signs of Flooding. TIME CODE:					
3. Confirms flooded state by checking for elevated pulse rate (100 BPM).					
4. Begins relaxation exercise immediately. Invites both partners to participate.					
5. Ends relaxation when appropriate. Checks pulse and subjective emotional state.					
6. Briefly shares relevant, accurate research findings after the partner is no longer flooded as indicated by a. a reduced Heart Rate, and b. the clinician receiving verbal confirmation that the couple feels better and they are each ready to continue. TIME CODE:					
7. Shows several minutes of improved conversation after the intervention.					
8. Repeats the process if Flooding recurs.					

Standards met: Yes No

Reviewer's Comments, *continued next page*

Name of Candidate: _____ Date: _____

Requirements for Flooding Intervention

Reviewer's Comments:

Name of Candidate: _____ Date: _____

Requirements for Dreams Within Conflict Intervention

Basic structure and purpose of this intervention

1. This video must show the candidate's skill in recognizing and treating gridlocked conflict.
Please note that not all perpetual conflicts are truly gridlocked.
2. The goal of the Dreams Within Conflict Intervention is to re-establish dialogue about the conflict through:
 - honoring each partner's deepest held values and dreams, and
 - uncovering the deeper meaning in each partner's position.*Finding a solution is not the goal of this conversation.*
3. Often the gridlocked issue appeared in a session prior to the current conversation and this intervention was delayed.
Therapist should lead the couple into a new conversation about the issue, allow the gridlock to surface, and then introduce the intervention.
4. The goal is to help each person to articulate their dream. This dream emerges as the speaker reflects on each question and considers the feelings and revealed meaning discovered from that internal reflection and the dialogue around the questions).
The sample dreams list is used only to help the speaker articulate their dream if help is needed and must not be used to suggest possible dreams.
5. The video may range between 15-30 minutes. Please provide footage, *about 5 minutes*, before the intervention commences to establish clinical need. Additional footage may be requested. It does not need to show both partners asking questions. No edits are allowed. It should contain the following elements:
 - Therapist interrupting the gridlocked conversation.
 - Therapist explaining the nature of gridlock and reference to the Gottman research.
 - Therapist explaining the goal and structure of the exercise, including the speaker-listener roles.
 - Clients begin questions.

General requirements for the therapist	LOW				HIGH	
	1	2	3	4	5	
1. Reads and interprets clients' affect appropriately.						
2. Demonstrates respect, empathy, and a trusting alliance with both partners.						
3. Avoids bias or taking sides with one partner.						
4. Demonstrates sensitivity to issues of race, gender identification, sexual orientation, cultural issues, religion, etc. Avoids inappropriate jokes or insensitive attempts at humor.						
5. Maintains appropriate boundaries regarding touch.						

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Name of Candidate: _____ Date: _____

Requirements for Dreams Within Conflict Intervention

continued

Specific requirements for the therapist	LOW		HIGH		
	1	2	3	4	5
1. Stops the couple's negative conflict interaction giving clear reasons for interrupting.					
2. Explains the Dreams Within Conflict goals clearly including: <ul style="list-style-type: none"> Finding the deeper meaning / dream for each partner within the gridlocked issue. Postponing seeking solutions. Establishing dialogue. 					
3. Clearly explains the speaker-listener structure of the exercise. For example: <ul style="list-style-type: none"> The speaker should take time to carefully consider the question and reveal what they discover about themselves and their dream to the listener. The listener should make it safe for the speaker to reveal. The listener should withhold their own opinion. 					
4. Provides the Dream Catcher Questions handout page.					
5. Instructs the listener to ask the questions in order.					
6. Instructs the listener to ask follow-up questions to deepen understanding and informs the listener that the therapist may suggest questions to deepen the conversation and understanding.					
7. Explains the proper use of sample dream list.					
8. Effectively coaches the couple to explore the speaker's emotional meaning of the issue.					
9. Effectively interrupts Four Horsemen or Flooding if present.					

Standards met: Yes No

Reviewer's Comments:

Name of Candidate: _____ Date: _____

Requirements for The Art of Compromise Intervention (Compromise Ovals)

Basic structure and purpose of this intervention

1. This intervention may be used for either a solvable or a gridlocked problem.
2. In most cases, the couple will have just (or in an immediately prior session) completed an intervention designed to deepen their understanding of their partner's position on the issue. (*Gottman-Rapoport or Dreams Within Conflict*)
3. The therapist should guide the couple into a conversation about how they will change things based on their new understanding. Compromise intervention should be introduced to aid the process.
4. In some situations, the couple's disagreement will not require a deepening conversation but can be addressed immediately using the compromise intervention. In such situations, the video must show the couple talking unproductively about their issue and the therapist introducing the intervention.
5. At times the conversation becomes gridlocked during the attempt to complete a compromise. In that case, the therapist should end the intervention and direct back to the *Dreams Within Conflict* intervention.
6. The video should be 15 minutes long. It does not need to show the couple reaching a compromise, but must include coaching the couple to begin discussing the "getting to yes" questions, guiding the couple through a productive compromise conversation, and keeping the couple on track by referring the couple back to the use of the "getting to yes" questions.
7. One edit is permitted. The couple will spend time writing their inflexible and flexible areas and this time should be edited out.

General requirements for the therapist	LOW			HIGH	
	1	2	3	4	5
1. Reads and interprets clients' affect appropriately.					
2. Demonstrates respect, empathy, and a trusting alliance with both partners.					
3. Avoids bias or taking sides with one partner.					
4. Demonstrates sensitivity to issues of race, gender identification, sexual orientation, cultural issues, religion, etc. Avoids inappropriate jokes or insensitive attempts at humor.					
5. Maintains appropriate boundaries regarding touch.					

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Name of Candidate: _____ Date: _____

Requirements for The Art of Compromise Intervention

continued

Specific requirements for the therapist	LOW		HIGH		
	1	2	3	4	5
1. Provides handout of intervention or blank paper to draw concentric ovals.					
2. Explains Gottman's research, the compromise concept of areas of inflexibility (core values, needs or dreams), and the concept of flexibility.					
3. Explains the nature of temporary compromise.					
4. Instructs each partner to identify and write out their areas of inflexibility and flexibility and then to share them with each other. Therapist coaches couple to avoid detailed explanations or questions about the areas at this point.					
5. Directs partners to ask each other the "getting to yes" questions on the compromise handout with the goal of arriving at an agreement. This should be done in a conversational style, not speaker-listener. Therapist should encourage productive dialogue, but should keep the discussion dyadic.					
6. Directs the couple to write out the compromise they both agree to.					
7. Effectively interrupts Four Horsemen or Flooding, if present.					

Standards met: Yes No

Reviewer's Comments:

Name of Candidate: _____ Date: _____