

Relationship Institute Australasia 'let's talk'

**GOTTMAN'S SOUND RELATIONSHIP HOUSE IN PRACTICE**

**Linking Couples' Theory to Practical Interventions**

Presented by Trish Purnell-Webb

1

---

---

---

---

---

---

---

Relationship Institute Australasia 'let's talk'

**Outline**

- An introduction to the research
- A step by step understanding of the Sound Relationship House
- A few useful processes and tools.

2

---

---

---

---

---

---

---

Relationship Institute Australasia 'let's talk'

**Research**

- It all began with observation;
- The introduction of physiological measures and their meaning;
- The impact of neuroscience;
- And then came technology;
- <https://www.johngottman.net/research/>

3

---

---

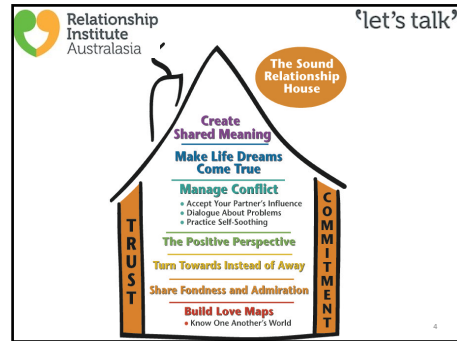
---

---

---

---

---



4

---

---

---

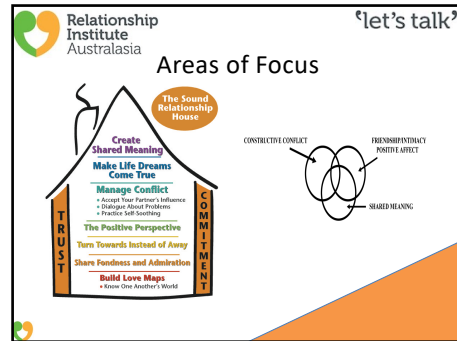
---

---

---

---

---



5

---

---

---

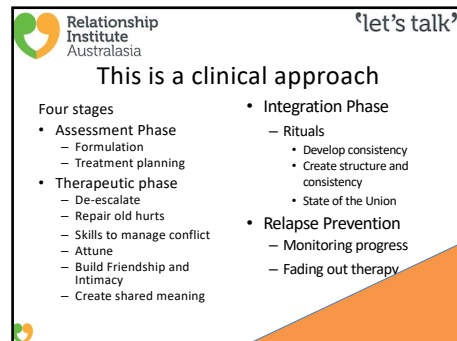
---

---

---

---

---



6

---

---

---

---

---

---

---

---

Relationship Institute Australasia 'let's talk'

### Component 5 – Manage Conflict

**Masters**

- Softened start-up – self regulation
- Dialogue vs gridlock
- Repair – pre-emptive, during and after

**Disasters**

- 4 Horsemen
- Arousal

7

---

---

---

---

---

---

---

---

Relationship Institute Australasia 'let's talk'

### Component 5 – Manage Conflict (cont)

**Key Interventions**

- DPA – Diffuse Physiological Arousal
- Eradicate the 4 horsemen
- Gottman-Rapoport Conversation
- Dreams Within Conflict Conversation

8

---

---

---

---

---

---

---

---

Component 5 – Manage Conflict (cont)

**Key Interventions**

- DPA – Diffuse Physiological Arousal
- Gottman-Rapoport Conversation
- Dreams Within Conflict Conversation

10

---

---

---

---

---

---

---

---

### Component 1 – Build Love Maps

**Know One Another's World**

- Keep up to date over the years
- Show interest
- Spend time together

**Key interventions**

- Dyadic conversations
- Love Map cards/APP
- Open ended question cards/APP

14

---

---

---

---

---

---

---

---

### Component 1 – Build Love Maps

**Know One Another's World**

- Keep up to date over the years
- Show interest
- Spend time together
- Magic 6 hours

**Key interventions**

- Love Map cards/APP
- Open ended question cards/APP

16

---

---

---

---

---

---

---

---

### Component 2 – Share Fondness and Admiration

**Make it explicit**

- Be conscious about it
- Catch your partner doing something right
- Say it out loud
- Show affection

**Key Interventions**

- I appreciate exercise
- Salsa cards/APP

17

---

---

---

---

---

---

---

---

### Component 3 – Turn Towards

**Bids for connection**

- Turning towards
- Turning away
- Turning against

**Key Intervention**

- Dyadic therapy
- Stress reducing conversation

18

---

---

---

---

---

---

---

---

### Component 4 – The Positive Perspective

- NSO – Negative Sentiment Override
- PSO – Positive Sentiment Override
- Can't be directly manipulated

19

---

---

---

---

---

---

---

---

### Component 6 – Make Life Dreams Come True

- Helping your partner realise important life goals and dreams

**Key Intervention**

- Couple dialogue
  - What are you trying to accomplish?
  - What is your dream?
  - What is your life mission?
  - How do you want to be remembered when you're gone?
  - What changes do we need to make to help accomplish your dream?

20

---

---

---

---

---

---

---

---

**Component 7 – Create Shared Meaning**

- Rituals
- Building a narrative

**Key rituals**

- Leave taking and reunions
- Mealtimes/Eating out
- Evenings (after dinner/kids)
- Bedtime/Morning Ritual
- Dates and getaways/holidays
- When one person is sick
- Celebrations
- Entertaining
- Extended family/friends
- Lovemaking

**Questions**

- What is meaningful about this for you?
- When will this be done?
- Who often will it be done?
- How long should it last each time?
- Who will initiate it?
- Who will do what in this ritual?
- What will happen next?
- How will it end?
- How can we integrate this into our lives so we can count on it?

21

---

---

---

---

---

---

---

---

**Component 8 - Trust**

- I know my partner acts and thinks to maximize my interests
- To maximize my benefits
- My partner has my back and is there for me.

**No direct intervention**  
**Achieved through home maintenance and lots of small things often!**

22

---

---

---

---

---

---

---

---

**Component 9 - Commitment**

- Believing, and acting on the belief, that this relationship with this person is completely my life-long journey, for better or worse (meaning that if it gets worse we will both work to improve it).
- Cherishing positive qualities
- Nurturing gratitude
- Comparing favourably with real or imagined others

23

---

---

---

---

---

---

---

---

### On-going training and development

- Level 1 – 15 and 16 July 2022
  - Level 2 – 24, 25 and 26 November 2022
  - Level 3 - March 2023
- Why train with us?**
- Live training with coaching, case consults, Q&A
  - Free RIA therapist Facebook page that offers excellent quality support for all aspects of couples therapy practice. This private Facebook group provides access to timely advice and experience from over 550 Gottman Relationship therapists. Any practice questions or dilemmas are welcomed in this amazingly supportive and positive group.
  - Opportunity to join RIA's therapist database to enhance your exposure, promote your services and increase your couple referrals. For a small annual subscription fee your practice and services are promoted to thousands of professionals and couples across Australasia.
  - Access to supervision from Trish and John or from several other brilliant Certified Gottman therapists in Australia to support your professional learning.
  - At RIA we are absolutely committed to growing a strong Gottman Therapist community in Australasia

---

---

---

---

---

---

---

---

24

### Websites and Resources

- [www.relationshipinstitute.com.au](http://www.relationshipinstitute.com.au) (resource centres for couples and for therapists);
- [www.Gottman.com](http://www.Gottman.com);
- [www.gottmanconnect.com](http://www.gottmanconnect.com);
- [www.trishpurnell-webb.com.au](http://www.trishpurnell-webb.com.au) (videos, group supervision bookings, buy our book 📖);
- Recommended reading list – handout;
- Gottman Card Decks  
<https://apps.apple.com/us/app/gottman-card-decks/id1292398843>
- Gottman YouTube Channel  
<https://www.youtube.com/user/TheGottmanInstitute>




---

---

---

---

---

---

---

---

25