



Relational Counseling Utilizing Gottman-Based Assessment and Treatment Interventions

Includes Training for the Level 1 Certification in the Gottman Method and the Level 1 Manual

Sponsored by The Mending Group: A Place for Healing Your Heart and Mind
Shea Hughes-Brand, LCSW, LMFT and Edward Brand, LMHC, LMFT
February 20-21, 2010 or March 27-28, 2010

Workshop Agenda: Viewing the Level 1 Gottman Training DVD with Case Studies (11 hours)
Lecture, Role Play, and Experientials (7 hours)

This workshop will consist of viewing the Gottman Level 1 DVD Training followed by a group discussion of the research, assessments, and clinical interventions based on Gottman's Sound Relationship House Theory. The participants will be able to assess couples and families based on seven principles of Gottman's Sound Relationship House Theory. The participants will also be able to utilize clinical activities and hand-outs with adolescents and adults based on verbal and expressive therapies. The participants will further be able to identify self-soothing techniques and assist couples and families in regulating their levels of anger, anxiety, and depression. Participants will also be able to assist clients in identifying negative communication patterns, promote healthy ways to address solvable and perpetual problems, and enhance relational friendship and family rituals.

Workshop Location: The Mending Group in Baldwin Park
938 Lake Baldwin Lane, Orlando, FL 32814
Website: www.themendinggroup.com
Email: info@themendinggroup.com
Telephone: 407-770-1200

Scheduled Workshop Times: Saturday and Sunday 9 a.m. to 6:30 p.m.
February 20-21, 2010 or March 27-28, 2010

Earn 11 CEU's from the Gottman Institute in Seattle, Washington from APA and NBCC
Earn 18 CEU's from the Florida DOH MQA 491 Board; CE Broker Provider Number # 50-11721

Workshop Cost: Student and Professional Discount \$250 (Cash, Checks, MO, CC, or Paypal)
(There will be a \$7.50 charge for using a credit card bringing the total cost to \$257.50)

Registration: Registration will be at the door on Saturday, Feb 20th or March 27th 8:30 - 9 a.m.
Please complete the attached registration form and reserve your seat today either by email at nhughesb@mail.ucf.edu or telephone at 407-770-1200.
Please mail payments to: The Mending Group, P.O. Box 141502, Orlando, FL 32814
Payments can also be made on the website at www.themendinggroup.com.
A \$7.50 processing charge will be applied to all Paypal and credit card payments.