

If both partners have insurance, the first two hours of each day's session may be covered. The remaining hours of the session, will be billed at the private pay rate of \$200.00 per hour.

For 6-Hour Sessions, A Deposit of:

- \$500.00 - Is Required for a 1-Day Session
- \$1000.00 - Is Required for a 2-Day Session
- \$1500.00 - Is Required for a 3-Day Session

Cancellations prior to 30 days before the scheduled appointment, will receive a refund, minus \$500.00.

No refunds will be given, if the session is cancelled less than 30 days prior to the appointment.

For 4-Hour Sessions, A Deposit Of:

- \$400.00 - Is Required For a 1-Day Session
- \$800.00 - Is Required For a 2-Day Session
- \$1200.00 - Is Required For a 3-Day Session

Cancellations prior to 30 days before the scheduled appointment, will receive a refund, minus \$400.00.

No refund will be given, if the session is cancelled less than 30 days prior to the appointment.

Compare our rates to those advertised by the
The Gottman Institute



1-Day Sessions are
Appropriate For Couples Who:

- Seek Preventative Care
- Seek Premarital Preparation
- Have a solid relationship, with a few minor issues on which to work

For all other couples, 2-Day or 3-Day
Sessions are recommended



Gloria Jean Bannasch
M.Ed. LPC, NCC, CGT

Gloria is the Founder of GJB Health Services,
Co-Owner and Team Leader

As the only Certified Gottman Therapist in Wisconsin, Gloria helps partners in committed relationships, to connect on a deeper and more intimate level than ever before, through the use of Gottman Method Counseling and Gottman Couples' Workshops.



This is a 2-Day, psycho-educational workshop for couples of all types and ages. Couples learn to apply John Gottman's research to their own relationships. There is no group sharing. ASL is recommended for all couples undergoing therapy or who want to improve communication and see the balance in their emotional bank account grow.

Go to - <https://couplesworkshopswi.com>
To register for ASL Workshop



Gottman Method Couples' Services
at
GJB Health Services



Doctors John and Julie Gottman



Just as Masters and Johnson were pioneers in the study of human sexuality, so has Dr. John Gottman, revolutionized the study of committed relationships.

For nearly four decades, John, has conducted research on all facets of relationships, including parenting issues. At the Gottman Institute, in collaboration with Dr. Julie Schwartz Gottman, an approach was developed that not only supports and repairs troubled marriages, and committed relationships, but strengthens happy ones.

The Gottman Institute, provides many training materials that couples can use on their own. Recently, Julie and John, made the virtual versions of The Gottman Card Decks available as a free download. Just go to the Gottman Institute's website and type in "Gottman Card Decks". The app is also available at your regular app store.

Certified Gottman Therapists



Certified Gottman Therapists (CGTs) have completed 3 levels of training and a mentored certification track. Therapists must demonstrate that they possess the skills to lead couples through the Gottman Conflict Blueprints and must complete 100 hours of couples' therapy (after the completion of Level 2).

Assessment is a major part of the Gottman Method; therapists must demonstrate proficiency in translating the analysis of The Gottman Relationship Checkup into a practical treatment plan.

CGTs must have a Masters Degree (or higher) and hold a state license to practice. The certification process usually takes 2-4 years to complete. There are approximately 260 CGTs world-wide.

Go to:
<https://couplesworkshopswi.com> to register for Gottman Couples' Workshops

The Assessment Process And Gottman Couples' Therapy

 *If we don't know where we're going,
driving faster won't get us there sooner.* 

Assessment is a 4-Step Process :

1. *The Initial Couples' Session*- Information is gathered about the history of the relationship
2. *One, 45-Minute Individual Session for Each Partner*- Information about the family of origin, trauma, and previous relationships is gathered
3. *The Gottman Relationship Checkup*- Couples complete this 90-minute, online assessment to receive an overall view of every area of their relationship
4. *The Results Session*- The results of the Gottman Relationship Checkup, which identifies areas of strength, challenge and targets areas where corrective work is needed, is discussed with the couple

Couples' Sessions

How do Couples' Sessions differ from Individual sessions?

- Couples' Sessions typically run 90 - 120 minutes in length, where as, individual sessions last 60 minutes
- The Relationship is the "Identified Patient"; Both partners register as New Clients
- Gottman Therapy is focused on skills development and communication. Partners talk to one another; the therapist is a coach, not a referee.
- The Couples' Initial Evaluation, Two Individual Sessions, The Gottman Relationship Checkup and The Art and Science of Love Workshop for Couples (see back page), plus 9 Couples' Sessions is the Gold Standard for treatment

Private Pay and Rates

Initial Evaluation	\$250.00
60 Minutes	\$200.00
45 Minutes	\$150.00
30 Minutes	\$100.00
15 Minutes	\$50.00
Gottman Relationship Checkup *	\$150.00
Results Session	\$200.00
Art of Science and Love Workshop	\$850.00

* Insurance
Cannot be billed for the Relationship Checkup

Marathon Sessions



For professionals, clients who travel often, or for clients who want to do two months' worth of work in a two or three day period, Marathon Sessions are an ideal option. These sessions typically last for four to six hours per day (with breaks and meals spread throughout, of course).

Marathon Sessions Are Appropriate For:

1. Couples who want Gottman Method Couples' Therapy and do not have a Certified Gottman Therapist nearby
2. Professional people with busy schedules, for whom attending weekly sessions would be difficult
3. Couples who want to make progress quickly

Marathon Sessions Are Not Appropriate For:

1. Couples who are coping with an active addiction to alcohol or other drugs.
2. Couples who have had serious violence in their relationship; if threats have been made that violence may occur, or if either partner is afraid that violence may occur.
3. If either partner has a serious, current, untreated mental illness. This does not include mental illness which is under control with medication.
4. If there is an undisclosed, current affair that a partner is unwilling to disclose, therapy can take place only when the partner is ready to disclose and discuss the affair, with the other partner present
5. If either partner is currently experiencing suicidal or homicidal thoughts, or has a history of inflicting serious harm on him/herself or another person

See back pages for more
Information about Marathon Sessions