

About the Gottman Method

The Gottman Method of working with couples is based on over 40 years of scientific research and extensive observation of couples; many of whom were followed for up to 20 years.

John Gottman, and his research partner, Robert Levenson, wanted to discover what made relationships happy and successful. Prediction, with over 90% accuracy, of which couples will stay together, which will separate and, of the couples who remain together, which will be happy, is now possible, thanks to John and Robert's research.

About Gottman Therapy

Session #1

In Gottman Therapy, the first session is devoted to gathering information about the course of the relationship.

Session #2

Each partner will meet with the therapist individually; once for 45 minutes. The purpose of this session is to get background information about each partner's family of origin and previous relationships. Complete honesty is encouraged; however, Gloria will not keep secrets divulged by partners in their individual sessions. If sensitive information needs to be shared with the other partner, Gloria will support the disclosure of the information to the other partner, during a couple's session.