

13. What is Gottman Therapy?

Doctors John Gottman and Julie Schwartz Gottman founded the Gottman Institute in 1966. The Gottman Institute has two major functions: helping couples directly, and providing state-of-the-art training to mental health professionals and other health care providers.

The Gottman Institute applies leading-edge research on marriage in a practical, down-to-earth therapy and trains therapists committed to helping couples. No other approach to couple's education and therapy has relied on such intensive, detailed, and long-term scientific research on what makes relationships successful.

14. What type of research did John Gottman conduct?

The Gottman research team studied 3000 couples and followed them for up to 20 years. The team also studied hundreds of couples who spent a 24-hour period in a special apartment (The Love Lab) where from 9:00AM to 9:00PM all their interactions and actions were recorded. Teams of coders then viewed the footage; taking notes and recording every single interaction that occurred.

Gloria and Tania often team up to help couples resolve sexual and intimacy issues. Tania also works with couples alone and so do Kathleen, Tricia and Dotti.

