

The Gottman Institute

# THE **ART** AND **SCIENCE** OF **LOVE**



A WEEKEND WORKSHOP FOR COUPLES

Created by  
**Dr. John Gottman** and  
**Dr. Julie Gottman**

*Based upon Dr. John Gottman's four  
decades of research with thousands  
of couples*

**COUPLES  
WORKBOOK**

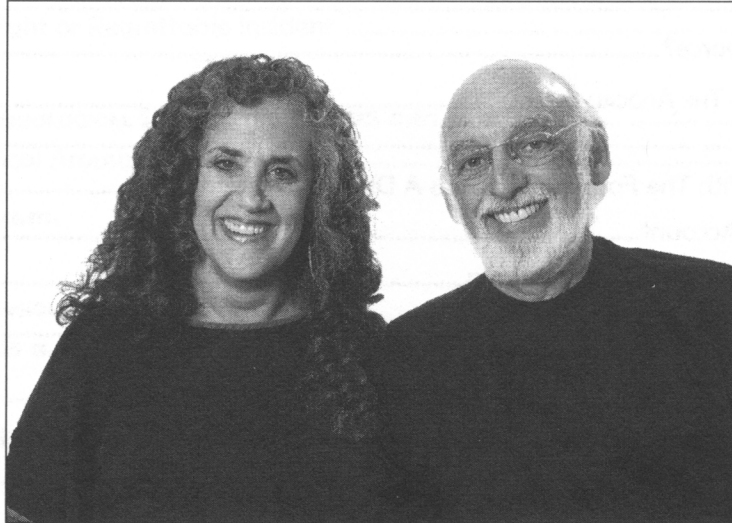


## About Drs. John and Julie Gottman

**John Gottman, Ph.D.**, is world renowned for his work on relationship stability and divorce prediction, involving the study of emotions, physiology, and communication. He was recently voted as one of the Top 10 Most Influential Therapists of the past quarter-century by the PsychoTherapy Networker publication. His 35 years of breakthrough research on marriage, relationships and parenting has earned him numerous major awards. He is the author of 200 published academic articles and author or co-author of 41 books. Dr. Gottman is the co-founder of The Gottman Institute where he currently teaches weekend workshops for couples and training workshops for clinicians. He is the Executive Director of the Relationship Research Institute, where programs have been developed for parents transitioning to parenthood and are beginning a new research project on treatment for Domestic Violence.

**Julie Schwartz Gottman, Ph.D.**, is a highly respected Clinical Psychologist and educator who was recently honored as the Washington State Psychologist of the Year. She is the cofounder and Clinical Director of The Gottman Institute where she co-teaches weekend workshops for couples and Advanced Training Workshops for therapists. Dr. Julie Gottman is also the designer and Clinical Director for Loving Couples Loving Children, a curriculum for couples challenged by poverty, and co-designer of a therapeutic model for addressing domestic violence. In addition, she has authored or co-authored three books and has been a frequent guest on radio and TV talk shows. Julie specializes in working with distressed couples, abuse and trauma survivors, those with substance abuse problems and their partners, as well as cancer patients and their families.

Together, the Gottmans teach Couples Workshops and the Professional Training Programs at The Gottman Institute. They are also involved in ongoing relationship research studies, and have private practices on Orcas Island (near Seattle), in which they see couples for weekly and intensive marathon therapy sessions and conduct small group couples retreats.



*Created by*

**Drs. John and Julie Gottman**

**CONTRIBUTING EDITORS: Etana Dykan Kunovsky and Connie Feutz**

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