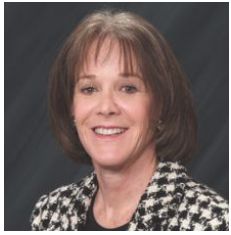


Gottman Certified Couples
Workshop Leader



**Joan
Hoffman, Ph.D.**

Dr. Joan Hoffman of
Hoffman Psychotherapy
and MasterCouples™

Workshops has over thirty-five years of experience as a Marriage and Family Therapist and Educator. Her commitment to education has inspired her to train throughout her career with masters in her field. She is a Senior Trainer, Presenter, Consultant & Workshop Leader with the Gottman Institute, and a Training Specialist for the Bringing Baby Home program. An Approved AAMFT Supervisor, she has taught at the University of Maryland and Johns Hopkins University. Additionally, she addresses therapists, parents and educators on the skills and importance of Emotion Coaching. She is an invited speaker for professional clinical organizations at the national and state level.



*The Art
& SCIENCE
Of Love*
A Gottman Couples'
Weekend Workshop



Joan Hoffman, Ph.D.
MasterCouples™ Workshop
24 North Court Street
Westminster, MD 21157
www.mastercouples.com
www.hoffmanpsychotherapy.com

The Art
& SCIENCE
Of Love



*A Gottman Couples'
Weekend Workshop*

Presented by:
Joan Hoffman, Ph.D.

Upcoming 2012 Workshops &
Presentations in Maryland,
Delaware, Maine, New Hamp-
shire and North Carolina

Offered by:
**MasterCouples™ Workshops
& Hoffman Psychotherapy**



www.mastercouples.com
410-876-1994

• MasterCouples™ Workshops •

PARTICIPANT COMMENTS: "Honestly, It's been a major change in our marriage. We've been working on this for a couple of years, and it finally clicked. We're just so thankful our therapist knew about Gottman's research and we found your workshop." "To be honest I have to say that I really didn't want to come, but I chose to because my wife really wanted to. I liked the statistics and that it was research-based and not just someone's opinion – good idea, it was excellent."

WHO SHOULD ATTEND

Research shows that on average, couples wait six years from the first signs of problems before they seek help. This workshop is designed to strengthen your marriage or relationship. If you have a strong relationship, this workshop will provide you with insights and tools to make it a great one. If your relationship is distressed, this two-day workshop will provide a road map for repair.

WHAT YOU'LL LEARN

At the workshop, couples will learn how to:

- Foster respect, affection, and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the successes in your relationship.

THE WORKSHOP PROGRAM

John Gottman, Ph.D. has learned what really makes marriages work by studying and following over 3,000 couples in 35 years of research. John Gottman together with Dr. Julie Schwartz Gottman, the Clinical Director of both The Gottman Institute and The Gottman Relationship Clinic, have designed this workshop. Gottman Certified Workshop Leaders will teach you how to foster romance and harmony in your relationship.

During the first day, you will learn how to build fondness, admiration, and closeness in your relationship. On the second day, you'll work on conflict management and learn new and important communication skills.

In the workshop, couples work PRIVATELY on exercises designed to address the challenges in their real-life relationship. Gottman therapists are available to support couples one-on-one with exercises. **There is no group work or public disclosure.**

WORKSHOP TOPICS

1. The five basic questions:

- How is your marriage/relationship doing?
- What makes relationships change, for better or for worse?
- If your relationship is in trouble, how can you turn it around?
- If your relationship is doing well, how can you ensure that it will continue to grow?
- As your relationship improves, how can you make changes last?

2. Assessing your relationship

- Learn to recognize the *Four Horsemen of the Apocalypse* and what to do if they are attacking your relationship
- Identify your relationship's specific strengths and how to build on these strengths
- Learn about the effects of *physiological flooding* and how it may impede conflict resolution
- Learn the small, easy steps that increase romance in your relationship.



3. Building a Sound Relationship House

- Learn how *Love Maps* provide a solid foundation for intimacy
- Use the *Fondness and Admiration System* to renew respect and care for one another
- Create an *Emotional Bank Account* that you can draw upon in times of stress
- Develop your problem-solving skills, including the four techniques of effective conflict resolution: *Softened Start-up, Accepting Influence, Repair Work, and De-escalation.*
- Find out how you can make your dreams and aspirations come true for you, your partner, and your relationship.

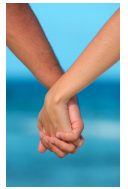
CANCELLATION POLICY:

If cancellation is made **6 weeks** before the workshop, a full refund, minus a \$125 processing fee will be given. After that, your registration will be converted to a credit good for another workshop within 12 months. No refunds or credits of any kind apply after that time.



The Art & SCIENCE Of Love

A Gottman Couples'
Weekend Workshop



Upcoming dates: February 11th & 12th,
April 14th & 15th 2012

Enrollment is limited. For the latest on
dates, locations, priority status and
registration fees, call or e-mail.

410-876-1994
workshops @mastercouples.com

Event Date _____

Name #1 _____

Name #2 _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email: _____

Physically Challenged? How may we assist you?

TO REGISTER:

Online: www.mastercouples.com

By Phone: 410- 876- 1994

By Mail: Joan Hoffman, Ph.D.
24 North Court Street
Westminster, MD 21157

You may pay by check or credit card.

* Charge applicable if paying by credit

Make checks payable to:

MASTERCouples™ WORKSHOP

workshops@mastercouples.com