

Gottman Certified Couples Workshop Leaders



Joan Hoffman, Ph.D.

Dr. Joan Hoffman, Director of Hoffman Psychotherapy and MasterCouples™ Workshops in Westminster,

MD has over thirty years of experience as a Marriage and Family Therapist. Her commitment to education has inspired her to train with masters in the field. A senior clinician, she is a consultant to the Gottman Institute's Certification Program for Therapists, a Training Specialist for the Bringing Baby Home program, a Certified Gottman Method Couples Therapist, Workshop Leader and Educator. She has taught and supervised at the University of Maryland and is an AAMFT Approved Supervisor. Dr. Hoffman offers intensive Marathon therapy for out-of-state couples who are in distress or not close to a Certified Gottman Therapist. She is dedicated to helping couples and families enrich their relationships and create meaningful connections.



Dr. Hoffman presents these workshops with other Gottman Workshop Leaders and invites you to visit www.mastercouples.com for more information about her Co-Presenters.

*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.
Richard Boswell, LCSW

Convenient To:
Baltimore, Washington D.C.,
and Historic Gettysburg

September 11th & 12th, 2010

Best Western Westminster
Catering and Conference Center
Adjacent to McDaniel College
In Westminster, Maryland

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



www.mastercouples.com
410 - 876 - 1994

PARTICIPANT COMMENTS: "Having the time, place and space to confront our problems is an opportunity we have never afforded ourselves." "It's momentous...we have taken one step closer to becoming a master couple." "This workshop made us talk about ourselves & our relationship — I can't tell you the last time we had that."

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

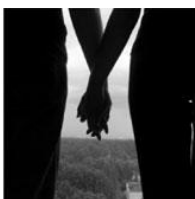
- Learn to recognize the *Four Horsemen of the Apocalypse* and what to do if they are attacking your relationship
- Identify your relationship's specific strengths and how to build on these strengths
- Learn about the effects of *physiological flooding* and how it may impede conflict resolution
- Learn 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 a cancellation is made **5 weeks** before the workshop, a full refund, minus a \$75 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.



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Workshop Registration Form

September 11th & 12th, 2010

Best Western Westminster
Catering and Conference Center

For Hotel Reservations Call: 410-857-1800
www.bestwesternwestminster.com

Register early for discounted hotel rates.
Reference "MasterCouples Workshop".

Workshop Registration—Saturday 8:15 AM-8:30 am
Workshop Hours—Saturday & Sunday: 8:30 am-5:00 pm

Name #1 _____

Name #2 _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email: _____

Physically Challenged? How may we assist you? _____

Early Registration Fee

\$645 per couple (before July 31, 2010)

Standard Registration Fee

\$695 per couple (before September 2, 2010)

Late Registration Fee:

\$745 per couple (before September 11, 2010)

**Professional Discount for Therapists
& Their Partners—call for details**

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.

Make checks payable to:

MASTERCouples™ WORKSHOP

We welcome inquiries by phone or email :
workshops@mastercouples.com