

# The Art & SCIENCE of Love

A Workshop for Couples

## The Workshop Program

The Art and Science of Love Workshop is based on the work of John Gottman, Ph.D. Dr. Gottman has learned what really makes relationships work by studying and following over 3,000 couples in over 30 years of research. This workshop is designed to teach you exactly what successful couples do to foster romance and harmony in their relationships. 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 while learning new and important communication skills. Couples work privately on exercises designed to address the challenges in real-life relationships. Certified Gottman therapists are available to support couples one-on-one with exercises. **While the nature of this workshop is psycho-educational, all information gathered from couples will be kept absolutely confidential. There is no group work or public disclosure.**

## Who Should Attend

This workshop is designed to strengthen your marriage or relationship. If you have a strong relationship, this workshop will provide you with the insights and tools to make it a great one. If your relationship is distressed, then 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 grid-lock
- Strengthen and maintain the gains in your relationship

## Workshop Topics

### 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?

### 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
- Learn about the effects of *physiological flooding* and how it may affect conflict resolution
- Learn small, easy steps that increase romance in your relationship

### Build a "Sound Relationship House"

- Learn how *Love Maps* provide a solid foundation for your relational 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



## Workshop Information

### 2012 DATES

**Saturday and Sunday:  
January 28-29, April 28-29  
or September 29-30, 2012  
8:30AM-5:00PM**

**Check-in: Saturday-8:15 to 8:30AM  
Creve Coeur Community Center  
300 N. Ballas Road  
Creve Coeur, MO 63141**

Early registration fee, \$550  
Standard registration fee, \$600  
Discounts for mental health professionals  
and their partners are available.

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## PRE-REGISTER BY:

**MAIL:** St. Louis Couples Workshops  
7700 Clayton Road, #103  
St. Louis, MO 63117

**ONLINE:** [www.StLouisCouplesWorkshops.com](http://www.StLouisCouplesWorkshops.com)

**PHONE:** 314.645.5333

**FAX:** 314.644.6911

Name #1 \_\_\_\_\_

Name #2 \_\_\_\_\_

Address \_\_\_\_\_

City, State & Zip Code \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Need physical accommodation? How can we assist you?  
\_\_\_\_\_

\_\_\_\_\_ Early Registration \$550 per couple  
Prior to January 8, April 8 or September 9.

\_\_\_\_\_ Standard Registration \$600 per couple

Payment Methods — **Do not send cash**

Checks payable to: **St. Louis Couples Workshops**

Credit card payments also available via PayPal on  
[www.StLouisCouplesWorkshops.com](http://www.StLouisCouplesWorkshops.com)

\_\_\_ Enclosed is my check for \$ \_\_\_\_\_

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Name on credit card: \_\_\_\_\_

Card # \_\_\_\_\_

Authorizing Signature: \_\_\_\_\_

Exp: \_\_\_\_\_ CSV code: \_\_\_\_\_

**Cancellation Policy:** Full refund minus \$50 processing fee if received on or before the early registration date. After that date, couples will receive full credit, good for one year, to attend a future scheduled workshop.

## About the Presenters

This Art & Science of Love workshop is offered independently of The Gottman Institute. Certified Gottman Couples Workshop Leaders are Certified Gottman Therapists who have been specifically trained by The Gottman Institute to present the Art & Science of Love couples workshop curriculum designed by Drs. John and Julie Gottman.



### Richard B. Boswell LCSW

Richard B. Boswell has over 25 years of experience working with couples, families and individuals. He has developed and directed treatment programs throughout the United States; taught family and couples therapy at the graduate level; and trained therapists throughout his career. Currently he has a full time private practice in St. Louis, Missouri. He may be reached at (314) 645-5333 or at [rboswell01@earthlink.net](mailto:rboswell01@earthlink.net)



### 2012 is our 5<sup>th</sup> year in St. Louis!

Richard is excited to have the following Gottman Certified Therapists present the workshop with him.

**Linda Wing, LCSW**

**Joan Hoffman, PhD**