

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.

2012 is our 5th year in St. Louis!

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

Linda Wing, LCSW

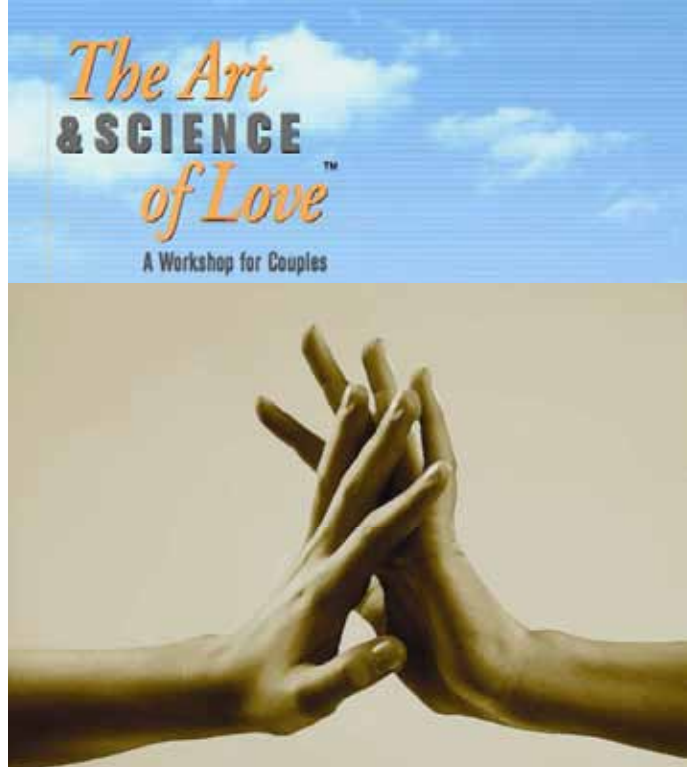
Joan Hoffman, PhD

www.StLouisCouplesWorkshops.com

weekend workshops, please visit:

For couples therapy or to receive notification of upcoming couples

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



*Developed by Dr. John Gottman and
Dr. Julie Schwartz Gottman*

Presented by:

Richard B. Boswell, LCSW

with invited Gottman Certified Presenters.

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**

www.StLouisCouplesWorkshops.com

The Art & SCIENCE of Love

A Workshop for Couples

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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.**

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



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

Cost of Workshop:

\$550 per couple for early registration
 Prior to January 8, April 8, or September 9.
\$600 per couple for standard registration

Discounts for mental health professionals and their partners are available.

Do not send cash. Make checks payable to:
St. Louis Couples Workshops

PRE-REGISTRATION IS REQUIRED. WAYS TO REGISTER:

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

PHONE: 314.645.5333

FAX: 314.644.6911

ONLINE: www.StLouisCouplesWorkshops.com

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.

Registration Form

| | |
|--------------------------|---|
| Name | |
| Partner's Name | |
| Address | |
| Telephone | |
| Best time to call | |
| E-mail | |
| Credit Card (circle one) | <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> AmEx |
| Credit Card Number | |
| Credit Card Exp. Date | |