

Co-organizer:



香港專業培訓學會
Hong Kong Society of Professional Training

Institute for
Family &
Psychology



Online Registration

Training course leading to Gottman Certified Therapist Gottman Method Couples Therapy

葛文夫婦輔導方法

<Online video lecture facilitated by GMCT's Trainer>

Level 1 & 2

Online
Learning

Professional Counseling and Psychotherapy Series

Introduction

Learning the practical, emotion focused, and highly effective approach which is based on Dr. John Gottman's 40 years of compelling research with over 3,000 couples. Join the worldwide network of more than 50,000 mental health professionals who have completed Level 1 Training in Gottman Method Couples Therapy.

Two Levels will be organized:

New arrangement of Gottman Level I and Level II

The new format for University Out Reach Gottman Couple Method Therapy will be on line program.

New features:

- Unlimited accessibility on all level I and II media learning materials
- 1 session Gottman Expert Q and A at each Level
- 1 session Learning Group discussion for each Level
- Organized quiz study groups and unlimited quiz retakes

Level 1 Starts: 16/10 (Friday) Time: 0930-1100 Zoom meeting

- Other facilitator meetings to be confirmed after the first meeting
- Participants have 2 weeks to complete the Level I,
- Help couples learn to manage conflict, deepen friendship and intimacy, and share their life purpose and dreams. Discover research-based assessments and effective interventions you can start practicing immediately.

Level 2 Starts: 13/11 (Friday) Time: 0930-1100 Zoom meeting

- Other facilitator meetings to be confirmed after the first meeting
- Participants have 3 weeks to complete the Level II.
- Internalize the powerful, research-based Gottman Method Couples Therapy assessment and intervention techniques as you integrate them in your clinical work. Gain insight as to when to use these methods and when couples therapy is contraindicated.

Level 1 - Learning Objectives

- Knowing "Sound Relationship House theory"
- Conduct a couple's therapy assessment using elements of the couple's narrative, the Oral History Interview, written questionnaires, observations of conflict and individual interviews
- Learn two interventions to help couples to better manage conflicts
- Enhance a couple's friendship
- To explore a couple's system of shared meaning
- Recognize the importance of self-soothing
- Create a therapeutic contract with a couple
- Describe the Philosophy of Therapy and including assumptions



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Level 2 – Learning Objectives

- Prepare couples to physiologically soothe when flooded
- Select and implement interventions help deal with conflict
- Apply different modes of changing the “Attack / Defend System” in a couple’s interaction
- Assist couples to establish dialogue about their gridlocked conflicts
- Develop interventions that couples can use as antidotes to the “Four Horsemen”
- Describe the five steps of processing a fight or a regrettable incident using the Aftermath of A Fight intervention
- Use and describe the Stress-Reducing Conversation to minimize relapse
- Meanings and friendship building
- Recognize emotions on the Human Face, Tension in the Voice, the Important of Words and the use of the SPAFF coding system
- Describe the seven levels of the Sound Relationship House Theory
- Instruct couple on how to work towards compromise by using the Two Oval method
- Describe how to recognize Bids and Turning Towards
- Explain the component of the first three Assessment sessions
- Explain and demonstrate how to conduct an Oral Interview
- Conduct a Feedback Session, including how to formulate a Treatment Plan
- Assessment and Intervention
- Working to deal with affairs
- Couple dealing with substance abuse
- Couples Therapy on Post Traumatic Stress Disorder
- Appropriate approaches to intervene various forms of domestic violence

Co-Ordinator and Facilitator

Professor Albert Chan, PHD, PSYD
and /or Ms. Christina Leung, Marriage and Family Therapist

(GOT – C2074)

For enquiry : 852-3111 0264

Online Registration



Course Details

Date & Time : Level I: 16/10/2020 (Friday) 0930-1100 Zoom meeting, other facilitator meetings to be confirmed after the first meeting

(Amended)

Level II: 13/11/2020 (Friday) 0930-1100 Zoom meeting, other facilitator meetings to be confirmed after the first meeting

Course Fee : Please refer to the table below for details

Language : Lecture Videos are in English, facilitated in Cantonese supplemented with English (teaching materials are mainly in English)

Course Mode : Online video lecture facilitated by GMCT’s Trainer via online platform “ZOOM”

Target : Helping Professionals, Counselor, teachers, medical staffs and anyone interested in Gottman Method Couples Therapy

Certificate: Certificate of completion issued by The Gottman Institute

Level 1: Certificate of Completion, Gottman Method Couples Therapy, Level I Bridging the Couple Chasm

Level 2: Certificate of Completion, Gottman Method Couples Therapy, Level 2, Assessment, Intervention and Co-morbidities



**Registration Form****Course: Certificate in Gottman Method Couples Therapy**

Level 1 Starts: 16/10 (Friday) Time: 0930-1100 Zoom meeting

Level 2 Starts: 13/11 (Friday) Time: 0930-1100 Zoom meeting

Discount Code: _____

Course	Price	Early Bird (Enroll the course at least 1 month prior to the event)	Group of 2 (Enroll the course at least 1 month prior to the event)
Level 1 & 2 (Price including the clinical training material HK\$1800-)	<input type="checkbox"/> HK\$7,500-	<input type="checkbox"/> HK\$7,200-	<input type="checkbox"/> HK\$7,000-
Level 1 (Live Stream and Material) (Price including the clinical training material HK\$800-)	<input type="checkbox"/> HK\$3,500-	<input type="checkbox"/> HK\$3,300-	<input type="checkbox"/> HK\$3,100-
Level 2 (Live Stream and Material) (Price including the clinical training material HK\$1000-)	<input type="checkbox"/> HK\$5,000-	<input type="checkbox"/> HK\$4,800-	<input type="checkbox"/> HK\$4,600-

Name (in English) : _____ (Mr / Ms) 姓名 (中文): _____**(Printed name on certificate, please provide it in block letter, thank you.)**Education Level: Primary Secondary Tertiary or above

Nature of Job (please fill in for trainer's better preparation of teaching materials):

 Medical Staff Social Worker Occupational Therapist Other _____

#Email: _____ Tel: _____

 I agree I disagree to receive regular HKSPPT's course information by email. My email address is already in your list and I have been regularly receiving HKSPPT's course information. **Payment by Cheque:**

Please make crossed cheque payable to "Hong Kong Society of Professional Training"

Cheque No: _____ Name of Bank: _____

Please send completed registration form and cheque to: **Hong Kong Society of Professional Training,**

Rm. 202-204A, Two Harbourfront, Tak Fung St., Hung Hom, Kowloon, Hong Kong.

 Payment by Bank-in / Fast Payment Service (FPS) 轉數快:Please settle the payment via Fast Payment Service with **FPS code 8835217** or bank in to our bank account with "**Bank of China (HK) Ltd**" 中銀香港 A/C No: **012-890-1-038-682-9**.Please send the completed registration form and screenshot picture or bank in slip to Hong Kong Society of Professional Training either by email (PDF) to **ask@hkspt.org** or by fax: **852-2125 7900**.

We will confirm your registration through email within 1 week, please contact us if you do not receive any confirmation.

Receipt Heading: _____ (please write in block letter)

Applicant Signature: _____ **Date:** _____**Important Notes:**

- The course confirmation will be sent to participants via email at least 2 weeks prior the course, please contact us if you do not receive any notification.
- All registration will be accepted on a first come first served basis.
- Once registration has been submitted, it cannot be refunded and canceled for any reason.
- All request on registration amendment must be given in written form. An administration fee of HK\$200 will be charged for any processing request.
- Official receipt will be issued on the first day of the course. Re-issuance of official receipt will be charged HK\$50.
- If you have any enquiry, please feel free to contact us on www.hkspt.org or 3111 0264.

