



10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology)

By Julie Schwartz Gottman, John M. Gottman Ph.D.

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From the country's leading couple therapist duo, a practical guide to what makes it all work.

In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include:

- You know that you need to "treat the relationship," but how are you supposed to get at something as elusive as "a relationship"?
- How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together?
- Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe?
- What are you supposed to do with all the emotional and personal history that your clients stir up in you?
- How can you make your work research-based?

No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.



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Editorial Review

Review

“If you enjoy seeing the Gottmans as presenters, you will love their most recent book, *10 Principles for Doing Effective Couples Therapy*. Extraordinary therapists and gifted researchers, it’s as if you can hear the authors’ voices emanate from the text. . . . [E]asy to read, while also providing useful concepts and a formula that works. . . . Of course, I recommend this book. It can be used as a resource guide, as well as one that offers immediate tools for working with clients. The research-based wisdom will no doubt become standardized knowledge because of how applicable it is for clinical work.” (The Milton H. Erickson Foundation Newsletter)

“[L]ike their previous books, 10 Principles attempts to break down a complex issue into something more tangible. . . . [T]he heart of this text focuses on well-crafted principles for effective therapy, and includes scientific research, assessments, exercises, and statistics. . . . Few things are more fascinating than when therapy and scientific research come together, which is precisely why any work produced by John or Julie Gottman makes for an interesting read.” (PsychCentral)

“Known for their iconic research on couples, their prolific writings, and the development of a couples therapy informed by their research findings, Julie and John Gottman, in this well written and comprehensive book, gift their clinical wisdom and processes to couples therapists. Filled with clinical insight, coherent theory, case illustrations, various data gathering forms, and a treatment plan, this book should increase the competence and confidence of any clinician who is wise enough to read it.” (Harville Hendrix, PhD and Helen LaKelly Hunt, PhD, co-creators of Imago Relationship Therapy and authors of Getting the Love You Want and Making Marriage Simple)

“In 10 principles, this book lays out in an eminently readable and accessible way the basic steps of effective couple therapy. It is a great contribution to the field and will guide numerous therapists onto the path of successful intervention.” (Sue Johnson, author of Hold Me Tight and Love Sense; Founding Director of The International Center for Excellence in Emotionally Focused Therapy)

About the Author

Julie Schwartz Gottman, Ph.D., is the Co-Founder and President of The Gottman Institute. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the co-creator of the immensely popular The Art and Science of Love weekend workshop for couples and she also co-designed the national clinical training program in Gottman Method Couples Therapy.

John M. Gottman, PhD, is William Mifflin Professor of Psychology at the University of Washington in Seattle. World-renowned for his work on marital stability and divorce prediction, Dr. Gottman has conducted 40 years of breakthrough research with thousands of couples. He is the author of over two dozen books, including Seven Principles to Making Marriage Work, The Heart of Parenting (with J. DeClaire), When Men Batter Women (with Neil Jacobson), Why Marriages Succeed or Fail, The Marriage Clinic, and The Science of Trust.

Daniel J. Siegel, MD is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a

clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA's Mindful Awareness Research Center, founding co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities. Dr. Siegel's psychotherapy practice spans thirty years, and he has published extensively for the professional audience. He serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which includes over three dozen textbooks. Dr. Siegel's books include Mindsight, Pocket Guide to Interpersonal Neurobiology, The Developing Mind, Second Edition, The Mindful Therapist, The Mindful Brain, Parenting from the Inside Out (with Mary Hartzell, M.Ed.), and the three New York Times bestsellers: Brainstorm, The Whole-Brain Child (with Tina Payne Bryson, Ph.D.), and his latest No-Drama Discipline (with Tina Payne Bryson, Ph.D.). He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. For more information about his educational programs and resources, please visit: www.DrDanSiegel.com.

Users Review

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Deanna Ratliff:

Reading can called imagination hangout, why? Because when you find yourself reading a book specifically book entitled 10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology) your head will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging just about every word written in a publication then become one application form conclusion and explanation this maybe you never get previous to. The 10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology) giving you a different experience more than blown away your thoughts but also giving you useful data for your better life in this era. So now let us present to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary spending spare time activity?

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