

GOTTMAN CERTIFIED COUPLES WORKSHOP LEADERS

Nina Grueneberger, LCSW



Nina Grueneberger is a Certified Gottman Method Couples Therapist. She is also a Board Certified Diplomate through the National Association of Social Workers. Nina has an extensive background in the mental health field for 20+ years where she has taught couples counseling courses, supervised interns, and has worked with groups, individuals, families, and couples. She has a successful private practice in Sacramento, California where her main focus is on helping her clients have healthier relationships with themselves, their significant others, and their environments.

Robert Navarra, Psy.D., MFT



Bob is a Licensed Marriage and Family Therapist and has been in private practice for 27 years, with offices in San Carlos and in Palo Alto, CA. He also provides consultation/training to therapists interested in Gottman Marital Therapy. Additionally, Bob is a Research Associate and the Clinical Director of Center for Couples in Recovery at Mental Research Institute in Palo Alto and has published his research and presented on recovering couples at conferences. He has taught at Santa Clara University, Notre Dame de Namur University, JFK University, Alliant University, and St. Patrick's Seminary & University.

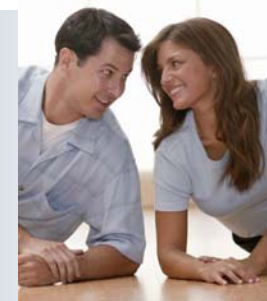


<http://www.ahcouplesworkshop.com>

A Weekend Workshop for Couples

The Art & SCIENCE *of Love*

Nina Grueneberger, LCSW
3010 I Street
Sacramento, CA 95816



The Art & SCIENCE *of Love*

A Weekend Workshop for Couples

Nina Grueneberger, LCSW
Gottman Certified Couples
Workshop Leader

When:

November 22 & 23, 2008

Where:

Arden Hills Resort Club & Spa
1220 Arden Hills Lane
Sacramento, CA95845

Telephone:

(916) 447-9007

Register online at:

<http://ahcouplesworkshop.com>

This two-day workshop will give you new insights and research-based communication tools that can dramatically improve your relationship.

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 gains 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 30 years of research. John Gottman together with Dr Julie Schwartz Gottman, the Clinical Director of both The Gottman Institute and The Gottman Relationship Clinic, has designed this workshop presented by Gottman Certified Couples Workshop Leaders to teach you how to foster romance and harmony in your 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.

In the workshop, there will be many humorous stories and role-plays by Gottman Certified Couples Workshop Leaders. 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.

At the end of the workshop you will leave with a greater understanding of your relationship and the skills to repair or enhance it.

WORKSHOP TOPICS

1. The five basic questions:



How is your marriage/relationship doing?

What makes relationships change, for better or for worse?

If your marriage is in trouble, how can you turn it around?

If your marriage is doing well, how can you ensure that your relationship will continue to grow?

As your relationship improves, how can you make changes last?

2. Assessing your marriage

Learn to recognize the *Four Horsemen of the Apocalypse* and what to do if they are attacking your marriage

Identify your relationship's specific strengths and how to build on these

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

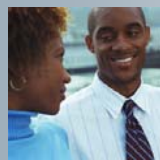
3. Building a "Sound Relationship House"

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

The Art & SCIENCE of Love



A Weekend Workshop for Couples

Date: November 22 & 23, 2008

Time: 8:30am-5:00 pm

Registration check-in: Saturday, 8:00am-8:30am

Location: Arden Hills Resort Club & Spa
1220 Arden Hills Lane
Sacramento, CA95845

Before 11/1/08

Early Registration Fee: \$600 per couple

After 11/1/08

Standard Registration Fee: \$650 per couple

To Register:

Register by credit card online at:

<http://ahcouplesworkshop.com>

or

Call Nina Grueneberger, LCSW: (916) 447-9007

You may pay by check. Do not send cash.

If you pay by check make checks payable to:

Nina Grueneberger, LCSW

Mail to: Nina Grueneberger, LCSW

3010 I Street

Sacramento, CA 95816

Refund Policy: A full refund, minus a \$50 processing fee will be given. After the cut-off date 11/8/08, your registration will be converted to a credit, good for one full year that you can use to attend a future workshop.