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An Introduction to the Gottman Method of Relationship Therapy Jul 2, 2025 · An introduction to The Gottman Method which has helped thousands of couples have the relationship that they want with better communication and connection. Relationship resources for Couples | The Gottman Institute For over 50 years, Dr. John Gottman and Dr. Julie Gottman have dedicated their lives to transforming relationships with proven, science-backed methods. From helping couples ... The Gottman Institute | Relationships From helping couples reconnect to guiding clinicians in supporting their clients, our work has brought hope, healing, and deeper understanding to millions. Whether you're building your ... The Gottman Method -About | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges ... Gottman Couples Workbook: The Basics - The Gottman Institute Exercises designed to help you and your partner build a stronger, happier relationship using proven strategies from the renowned Gottman Method. Find a Couples Therapist Near You - The Gottman Institute Use the Gottman Referral Network to easily find a Gottman-trained couples therapist near you. Professionals -Resources | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges ... Bringing Baby Home for Parents - The Gottman Institute This educational workshop helps identify postpartum mental mood disorders. If you or someone you know is experiencing postpartum mood disorders, please reach out to a Gottman-trained ... Our Mission - About | The Gottman Institute The Gottman Institute is dedicated to combining wisdom from research and practice to support and strengthen marriages, families, and relationships. It brings the knowledge of research to ... Marriage and Couples - Research | The Gottman Institute The infographic below highlights some of Dr. John Gottman's most notable research findings on marriage and couple relationships.

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