



*Psychological Center of South Florida*

# Making your Relationship Work

A 6-week class based on

*The Seven Principles for Making Marriage Work* book by Dr. John Gottman

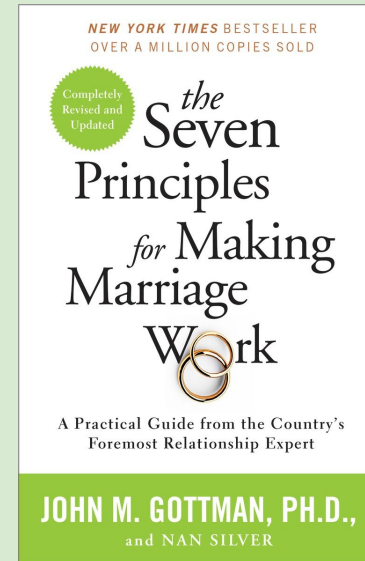




## The seven Principles for Making Marriage Work class



- Based on the Book from Dr. Gottman *The seven Principles for Making Marriage Work*.
- Participants will each receive a Couples guide to encourage reflection and integrate knowledge from material in the Seven Principles book, and to provide space to complete the exercises contained in the class.
- Goals are to strengthen relationships in a variety of ways including:
  - To foster fondness and admiration,
  - Facilitating turning toward each other,
  - Accepting each other's influence,
  - Solving solvable problems,
  - Overcoming gridlock,
  - Creating shared meaning.





## *The seven Principles for Making Marriage Work - Class*

### Who is it for?

- Couples in a committed relationship
- Couples contemplating engagement
- Couples living together
- Couples who have been together or married for decades

### Who is it not for?

- Couples with severe relationship distress
- Couples with significant emotional or physical abuse
- Couples where one or both partners have serious emotional or mental health problems
- Couples where one or both partners have addictions or other disruptive behaviors
- Couples in need of immediate Couples therapy as this is an educational workshop and not a replacement for Psychotherapeutic services





## What is being covered in the class?

# *the* Seven Principles *for* Making Marriage Work

Class	Module	Date	Chapter(s) In 7 Principles Book	Topic
1	A		1-3	The Research Foundation of the Seven Principles
1	B		4	Principle 1: Enhance Your Love Maps
2	C		5-6	Principle 2: Nurture Your Fondness and Admiration Principle 3: Turning Toward Each Other
2	D		7	Principle 4: Let Your Partner Influence You
3	E		8	Two Kinds of Marital Conflict: Solvable and Perpetual Problems
4	F		9	Principle 5: Solve Your Solvable Problems
5	G		10	Coping With Typical Solvable Problems
6	H		11	Principle 6: Overcome Gridlock
6	I		12	Principle 7: Create Shared Meaning Afterward: What Now?
			–	Follow-Up Class (optional)



## Who will be running the class?

Dr. Celine Paillot is:

- ❑ an experienced and ABPP Board Licensed Clinical Psychologist.
- ❑ highly trained and qualified to provide you with the latest research based skills to guide you through this class.
- ❑ has completed the Level 3 Practicum Training and use Gottman Method Couples Therapy.
- ❑ is a Gottman 7-principles leader which means she received specific training byt the Gottman Institute to be able to teach this workshop. She is providing this workshop independently from the Gottman Institute.
- ❑ Contact information: [celine@drclinepaillot.com](mailto:celine@drclinepaillot.com) Phone: (561)-666-8720.

*the Seven*  
Principles for Making  
Marriage Work

GOTTMAN LEADER



## FAQ about the Class

Do both partners have to attend the class?

- Yes, both partners are to attend the class.

What is the attendance policy?

- Couples are expected to attend all sessions to get the most of the class.
- Should you not be able to make it, you are allowed one absence in the course of the six classes.

How long does the class last?

- The class runs on Saturdays from 9:00 am to 11:00 am
- 6 classes ( 6 week program)

Where does the class take place?

- 7700 W Camino Real Suite 402 in Boca Raton FL, 33443



## For more information

- [www.drcelinepailot.com](http://www.drcelinepailot.com)
- The Gottman Institute [www.gottman.com](http://www.gottman.com)