



Gottman Sound Relationship House

Gottman Method Couples Therapy empowers couples with evidence-based skills and strategies to use together in building richer daily lives.

You can learn how to reduce criticism and blame, repair past hurts, rebuild trust and deepen your friendship and intimacy.

You can increase your fondness and affection for each other and reignite your happy memories and shared dreams.

I offer a free 15-minute telephone consult prior to your first appointment.

All services available online or in-person.

Book online



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RELATIONSHIP, RESILIENCE & CONFLICT SKILLS

Gottman Method Couples Therapy

Welcome to

Better Relationships



What Happens in Gottman Couples Therapy?

1. Comprehensive Assessment Process

Initial Consultation: Joint Session

The initial session focuses on your relationship history, exploring in a relaxed and non-judgemental approach how your relationship functions now and the past issues that have led you to this point and the hopes for your relationship.

The Gottman Relationship Check-Up

Based on the Sound Relationship House model, the Check-Up identifies your relationship strengths and challenges. Each person completes a confidential online questionnaire.

Confidential Individual Assessments

Each partner attends a separate confidential session to explore their perspectives, family background, and their hopes and goals for relationship therapy.

The Check-Up Report: Joint Session

You receive your Relationship Check-up Report which gives a clear understanding of the plan ahead for therapy to achieve your mutual goals for a successful relationship.

2. Active Couples Therapy

Active therapy starts with working on the challenges identified in your Report. You will learn to improve communication and conflict management skills, increasing your confidence to repair and resolve these concerns.

Couples therapy works best with regular sessions. Booking a series of appointments is recommended

3. Couples Therapy Consolidation

Ensure your relationship's ongoing success with appointments every 3-6 months over a 2-year period.

Research suggests checking-in helps you to maintain the positive changes you have worked together to achieve.



Why Gottman Couples Therapy?

Dr. John and Dr. Julie Gottman have developed the Gottman Method based on over 40 years of research about what it takes to make a great relationship.

Many couples have ways of communicating that will predictably lead to relationship disappointment.

There are inevitable relationship problems that couples face when arguments become repetitive and conflicts escalate.

Couples can find proven ways to resolve these and other problems to reignite the love that brought them together.

Gottman Relationship Check-Up

This key resource for couples in therapy is an online and thorough clinical assessment of your relationship strengths and challenges: over 40,000 couples have completed the Check-Up.

You have reliable information to help focus on positive changes and measure your progress toward your goals as a couple.