

# Gottman Certified Couples Workshop Leaders



**Don Cole, D.Min., LPC, LMFT**  
Dr. Cole holds a Doctor of Ministry Degree in Pastoral Counseling and Psychotherapy, and is licensed as a Professional Counselor and a Marriage and Family Therapist in the state of Texas. Don has over two decades of experience helping couples and individuals. He and his wife Carrie established the Center for

Relationship Wellness in 2006, specializing in helping people who are having difficulty in their personal relationships. Dr. Cole is a Certified Gottman Method Couples' Therapist and a Gottman Couples Workshop Leader. He is also a Fellow in the American Association of Pastoral Counselors and a Clinical Member of the American Association of Marriage and Family Therapists.



**Carrie Cole, M.Ed., LPC**  
Carrie has been helping individuals and couples achieve their relationship goals for over 14 years. A much sought-after presenter, Carrie's deep concern and commitment to relationship building have endeared her to numerous clients. Her keen interest in John Gottman's scientific

research led her to become a Certified Gottman Method Couples Therapist and a Gottman Couples Workshop Leader. She is licensed as a Professional Counselor in the State of Texas, and holds a Master of Education degree specializing in Counseling Psychology from the University of Texas. She and her husband Don have a private practice in the Clear Lake Area specializing in helping relationships.

**Therapists and other professionals:** The Center for Relationship Wellness has been approved by the Texas Board of Examiners of Professional Counselors as a continuing education provider (Provider Number 900). Therapists who attend the Art and Science of Love Workshop with their spouse or partner are eligible for 12 CEUs. Please indicate your desire for CEU credits when registering. **\$50 discount for professionals.**



*The Art  
& SCIENCE  
of Love*™

Center for Relationship Wellness  
1560 W. Bay Area Blvd., Ste. 310  
Friendswood, TX 77546  
[www.crw-houston.com](http://www.crw-houston.com)

# *The Art & SCIENCE of Love*™

**A Workshop for Couples**

*Presented By:*  
*Center for Relationship Wellness*  
*Don Cole, D.Min., LPC, LMFT*  
*Carrie Cole, M.Ed. LPC*



**May 15-16, 2010**  
**October 9-10, 2010**  
**University of Houston**  
**Clear Lake**  
**8:30am-5:00pm**



# Who Should Attend

*The Art & Science of Love*™ workshop is designed to strengthen relationships through engaging presentations and experiential activities. If you have a strong relationship, this workshop will provide you with the 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! We welcome couples of every culture, religion, ethnicity, race, ability, and sexual orientation to attend.

# 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 successes 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 three decades of research. John and his wife, Dr. Julie Schwartz Gottman, have designed this workshop to teach you exactly what successful couples do to foster romance and harmony in their 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. Couples will work privately on exercises designed to address the challenges in their real-life relationship. Using many humorous stories and role-plays, Gottman certified therapists will be 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 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 affect conflict resolution
- Learn small, easy steps that increase romance in your relationship

## 3. Building a "Sound Relationship House"

- Learn how "Love Maps" provide a solid foundation for your marital 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™

Presented by: Don & Carrie Cole  
Center for Relationship Wellness

May 15-16, 2010  
October 9-10, 2010  
UHCL Forest Room  
8:30am-5:00pm  
Register Saturday at 8:00am

A Workshop for Couples

**4 ways to register:** Website: [www.crw.houston.com](http://www.crw.houston.com)  
Phone: **281.480.0200**  
Fax: **281.480.0202**  
Mail: 1560 W. Bay Area Blvd., Ste. 310  
Friendswood, TX 77546

## WORKSHOP REGISTRATION FORM

YES, Please register us for The Art & Science of Love Workshop for Couples

Name #1 \_\_\_\_\_  
Name #2 \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_  
Email \_\_\_\_\_

YES, Please put me on the mailing list for upcoming workshops and information

### Method of Payment

- Check  
 Visa  
 MasterCard  
 American Express

Credit Card # \_\_\_\_\_

Signature \_\_\_\_\_

### Early Registration:

\$600 per couple  
(if postmarked 30 days in advance)

### Standard Registration:

\$650 per couple

Make checks payable to:  
Center for Relationship Wellness

UH Clear Lake  
Forest Room (Bayou Building, Room 1418)  
2700 Bay Area Blvd, Houston, TX 77058

