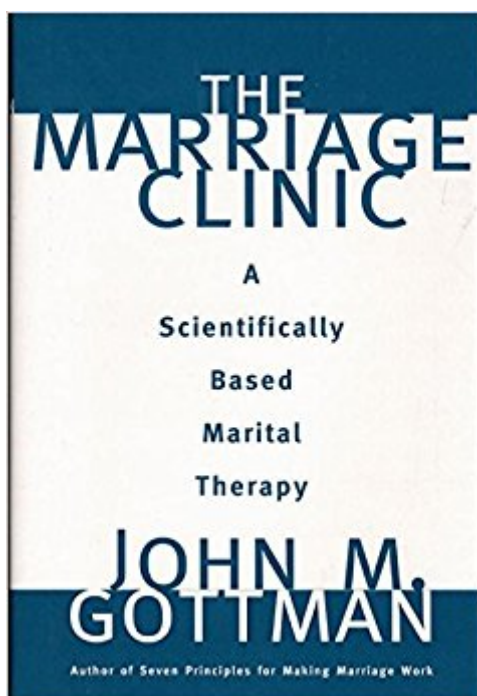


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# The Marriage Clinic: A Scientifically Based Marital Therapy (Norton Professional Books (Hardcover))



## Synopsis

The Marriage Clinic presents a complete marital therapy program based on John Gottman's much heralded research on marital success and failure. Here one will find not only a wide range of succinct and useful assessment procedures, but also a highly specific, research-based, and modularized treatment program. In addition, there are dozens of questionnaires and interview protocols to be used in both assessment and intervention. In prospective, long-term research with over 700 couples, Gottman has discovered certain factors that distinguish happy, stable couples from both unstable, ultimately divorcing couples and stable but unhappy couples. These findings, which are explained here in understandable, nontechnical language, form the basis of his Sound Marital House theory of marriage, which guides the new therapy. This therapy has two goals: changing the marital friendship and teaching couples to regulate conflict. Despite the high aims of much marital therapy, Gottman found that most marital conflicts involve fundamentally unresolvable relationship issues called "perpetual problems." He shows how therapists can help spouses move from gridlock to dialogue on these issues. Solvable problems can be resolved more easily when the couple has a strong marital friendship. He gives therapists the tools to teach spouses five fundamental skills to develop and strengthen their friendship: softened start-up, accepting influence, repair and de-escalation, compromise, and physiological soothing. Gottman compares his clinic to a restaurant, where clients are offered a menu of treatment formats, from psychoeducation for specific issues to extended therapy to repair a badly damaged marital friendship. Therapists, too, can choose among the questionnaires and strategies for those that fit the needs of particular couples. Whatever their choice, they will find that their practice is greatly enriched by the scientifically-based offerings of The Marriage Clinic.

## Book Information

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## Customer Reviews

If it isn't a classic already, it will be very soon&#133;[R]efreshing, invigorating, and renewing. -- Jay Memmott, Bulletin of the Menninger Clinic  
There is an astonishing wealth of assessment tools&#133;[T]horough and insightful. -- Deborah Beckman, MS, Milton H. Erickson Foundation Newsletter  
[A]n important addition to the field of couple therapy...the first time that a couple therapy is developed from marital research -- International Academy for Marital Spirituality Review, Alfons Vansteenwegen

John M. Gottman, PhD, is William Mifflin Professor of Psychology at the University of Washington in Seattle. World-renowned for his work on marital stability and divorce prediction, Dr. Gottman has conducted 40 years of breakthrough research with thousands of couples. He is the author of over two dozen books, including *Seven Principles to Making Marriage Work*, *The Heart of Parenting* (with J. DeClaire), *When Men Batter Women* (with Neil Jacobson), *Why Marriages Succeed or Fail*, *The Marriage Clinic*, and *The Science of Trust*.

It is a great book. Lots of great insights and helps for my clients. Worth the read.

Pleased with the product, as it was just as described. Pleased with the service, too.

I am a licensed psychotherapist who works with couples--married and unmarried, gay and straight--and find Gottman's intake and treatment methods apply across the board. I used this book in my post-grad training and daily in private practice. While he has books for laypeople (and they are very good), this is the go-to book for professionals in the field.

Smart, useful tool for the Counselor's toolbox. Everyone married couple should read Gottman's work. There is so much in this book to guide students, counselors and couples to communicate in the most healthful ways.

this book is honestly great. it gives real life tips on what techniques can be used. it is a very easy and interesting read. I did not fall asleep trying to read it. so many practical applications to real therapy. A must have and keep

There are a handful of people I wish I could spend an afternoon with. John Gottman is one of those people. His work is inspiring and has had a huge impact in my life.

This remarkable book advances the understanding of what works in marital and, I believe, family therapy. Early chapters review marital theories, and how they lived up to their assumptions when tested through well designed research. Gottman presents a very respectful attitude toward the marital couple and emphasizes the importance of honoring the goal of establishing and supporting the couple's self sufficiency. The chapter titled Buffering Children From Marital Conflict is an insightful introduction into how to help parents develop the tools to strengthen their children's resilience. As a person who has worked with at risk children and families for 17 years and has recently completed a masters degree in mental health counseling, I have read my share of family counseling books. From Satir to Whitaker to Lang to Minuchin(sp)... (you get the point). This is by far the best book on the subject!

Much is pathetically true ! Well done.

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