



GOTTMAN METHOD COUPLES THERAPY LEVEL 2

June 10-11 and 19-20, 2025

8:30 A.M. to 4 P.M. (all four days)

**Milo Bail Student Center, Room 302
University of Nebraska at Omaha**

OVERVIEW AND LEARNING OBJECTIVES

Immerse yourself in the Gottman Method and gain confidence using the techniques in your clinical work. This Level 2 training provides an in-depth exploration of assessment and intervention with advanced practical guidance for clinical observation and identifying co-morbidities, including PTSD, affairs, and addiction. This advanced course includes engaging lecture content from a recent four-day Level 2 workshop conducted by Drs. John and Julie Gottman. During the workshop, the Gottmans share in-session clinical videos that demonstrate practical application of assessment and intervention techniques. Special guest lecturer, Dr. Robert Navarra, presents relevant data and clinical findings incorporating Gottman Methods in treatment of couples in addiction recovery. Through research-based strategies, tools, discussion, and small group work, participants will learn:

- Deepen your understanding of complex dynamics in couples therapy, focusing on interventions for affairs, trauma, and co-morbidities
- Enhance assessment skills with advanced techniques for identifying underlying issues and tailoring interventions more effectively
- Implement advanced interventions to navigate high-conflict situations, affairs, and trauma, facilitating deeper healing and connection
- Master sophisticated strategies in emotional regulation, conflict resolution, and fostering intimacy, elevating your therapeutic effectiveness
- Gain exclusive access to advanced professional development opportunities, including specialized training and resources to further refine your expertise

COST TO ATTEND: \$600 (Prerequisite: successful completion of Gottman Method Couples Therapy Level-1)

Includes digital training materials, a certificate of completion, 19 CEUs approved for social work and mental health practice in Nebraska, live lecture with a university professor, in-person Q&A with a Gottman certified therapist, free parking, breakfast, coffee, afternoon snacks, and beverages. Lunch is on your own in our university food court.

Enrollment window closes May 30 at 5:00 P.M. (CST). No refunds after May 30.

Click here for campus map. Questions? gatsa@unomaha.edu | 402.554.6342



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