

# Gottman Method Clinical Trainings 2026

Eagles Mediation &  
Counselling Centre



The Gottman Institute

## ADVANCED CLINICAL LEADER & CONSULTANT



### TRISH PURNELL-WEBB

Trish Purnell-Webb is Australia's first Certified Gottman Therapist and Advanced Clinical Leader and Consultant who trained directly under Drs John and Julie Gottman at the Gottman Institute in Seattle over the course of more than a decade.

With 25+ years in private practice on the Gold Coast and 15 years leading Relationship Institute Australasia, Trish now trains and certifies the next generation of Gottman presenters and trainers across Australia, New Zealand, and Asia.

*Official institutional partner of Gottman Institute for the region*

### Suitable for:

- **Mental health providers**
- **Allied and social service professionals**
  - (e.g. social workers, case workers)
- **Clergy**
- **Researchers and teachers in the social sciences**
- **Students and interns in relevant fields**

- Join over 50,000 clinicians worldwide in mastering the **Gottman Method of relationship therapy** – rigorously developed with four decades of research by Drs John & Julie Gottman.
- The **Sound Relationship House Theory** stems from the most extensive and highly predictive studies ever done on marital stability, following more than 3,000 couples for up to 20 years.
- The framework reveals the **nine core components** that sustain healthy relationships, providing a specialised suite of assessment techniques and targeted exercises.
- This is an evidence-based approach validated across **cultures and diverse couple makeups**, including new parents and couples working through affairs, addictions, or domestic violence.
- **Highly adaptable** to each client's unique context and challenges.

## FOR 2026: COMPLETE PCG LEVEL 1 AND ENJOY 15% OFF PCG LEVEL 2!

Gottman Training Fees	<b>NEW DATE</b> Level 1 5 - 6 Mar Online	Level 2 6 - 8 May Online	Level 1 & 2 Bundle Online	Level 3 6 - 8 Oct In-person
Standard + <b>Student SPECIAL</b>	\$1,050 <b>Students: \$790</b> (25% off)	\$1,600	\$2,252.50 (15% off)	\$2,500
PCG (SG/PR)*	\$690	15% off + PCG Subsidy (TBC)	NA	Approx \$1,780 (TBC)
PCG (WP/EP/SP)*	\$787.50	TBC: 15% off + PCG Subsidy	NA	Approx \$1,924 (TBC)
Refresher	\$500	\$800	\$1,105 (15% off)	\$1,700

## REGISTER NOW



### Registration Closes:

- **L1: 26th Feb**
- L2: 29th Apr
- L3: 29th Sep

Enquiries: [training@emcc.org.sg](mailto:training@emcc.org.sg)

# Gottman Method Clinical Trainings 2026

## Level 1 & 2

### LEVEL 1:

**5 – 6 MARCH 2026**  
**9AM – 5PM**  
**Online Synchronous** (via Zoom)

#### BRIDGING THE COUPLE CHASM

- Offers clinicians a clear, science-driven entry point into understanding how relationships function, falter, and repair.
- Introduces the structures, principles, and therapeutic mindset that anchor all subsequent Gottman Method work.
- Learn and apply core assessments and interventions.

#### PREVIEW OF SYLLABUS:

1. Summarise the science predicting long-term relationship stability.
2. Understand the philosophy and goals of Gottman Method therapy
3. Describe all seven levels of the Sound Relationship House.
4. Conduct assessment using: couple's narrative, Oral History Interview, questionnaires, conflict observations, and individual sessions.
5. Apply core interventions for conflict management, friendship building, and shared meaning.
6. Utilise techniques like softened start-up, repair attempts, compromise, soothing flooding.
7. Guide couples through Rapoport Intervention, "Dreams-Within-Conflict", and "Aftermath of a Fight".

.... And more

#### INCLUDED WITH COURSE:

- 300-page digital Level 1 Clinical Training Manual
- Certificate of completion: Gottman Couples Therapy Level 1 Training
- Clock CPD hours
- Videos for online lectures and interventions included
- Eligibility to continue to Level 2 Training

### LEVEL 2:

**6 – 8 MAY 2026**  
**9AM – 5PM**  
**Online Synchronous** (via Zoom)

#### ASSESSMENT, INTERVENTION, AND CO-MORBIDITIES

- Moves clinicians from understanding the method to working with it at depth.
- Strengthening observational accuracy, clinical decision-making.
- Expand repertoire of assessments and interventions across a wider range of couple presentations and co-morbidities.

#### PREVIEW OF SYLLABUS:

1. Demonstrate the three essential therapist qualities in Gottman Method work.
2. Sharpen observational accuracy: facial affect, vocal tone, language cues, SPAFF coding
3. Recognise bids, turning behaviours, and interactional micro-patterns.
4. Conduct full assessments: Friendship, Conflict, and Shared Meaning Profiles.
5. Learn assessment tools: Locke-Wallace, SRH Questionnaires, 19 Areas Checklist etc.
6. Formulate treatment plans using the Sound Relationship House.
7. Administer targeted interventions: antidotes to Four Horsemen, soothing flooding, conflict de-escalation.
8. Use six modes for shifting the Attack/Defend system.
9. Build shared meaning and a unified system of values.
10. Navigate complex cases involving affairs, PTSD, addiction, and domestic violence with greater clarity and skill. (situational vs characterological).
11. Apply Gottman Method interventions ethically and safely across complex co-morbidities.

.... And more

#### INCLUDED WITH COURSE:

- 500+ page digital Level 2 Clinical Training Manual
- Certificate of Completion: Gottman Method Couples Therapy Level 2 Training
- Clock CPD hours
- Eligibility to continue to Level 3 Training

# Gottman Method Clinical Trainings 2026

## Level 3

6 - 8 OCTOBER 2026

9AM - 5PM

Live In-person: CONNECT @ City Square Mall (Level 4)

Lunch & refreshments included!

### LIVE PRATICUM

- Advanced practicum-based masterclass where clinicians refine their precision, confidence, and therapeutic judgment in real time. Through demonstrations, and coached role-play, participants learn to move from principles into instinctual application of Gottman Method interventions with nuanced timing and clinical discernment.

### PREVIEW OF SYLLABUS:

1. **Select and time interventions with real-time clinical judgment, responding precisely to the couple's moment-to-moment presentation.**
  2. **Identify the Four Horsemen as they emerge, intervene immediately with clear explanations, and coach partners in the appropriate antidotes.**
  3. **Interrupt destructive exchanges, redirect partners into constructive dyadic dialogue, and track unhelpful patterns as they reappear.**
  4. **Recognise physiological flooding early, pause the interaction safely, and guide partners through effective self-soothing.**
  5. **Facilitate the Dreams Within Conflict process to surface deeper meaning, values, and the emotional drivers of gridlock.**
  6. **Coach softened start-ups, positive-need expression, and repair attempts using research-informed communication tools and checklists.**
  7. **Intervene when partners struggle to accept influence, explain the research behind yielding, and help them practice honouring aspects of each other's perspective.**
  8. **Conduct the Oral History Interview with precise timing, attuned questioning, and sensitivity to co-morbidities and relational vulnerabilities.**
  9. **Bring your own challenging case segments for demonstration, analysis, and supervised practice with complex presentations.**
  10. **Receive personalised guidance in developing a clear roadmap for making sound clinical decision-making.**
- .... And more

### INCLUDED WITH COURSE:

- 200+ page digital Level 3 Clinical Training Manual
- Certificate of Completion: Gottman Method Couples Therapy Level 3 Training
- Clock CPD hours
- Eligibility for Certification Track