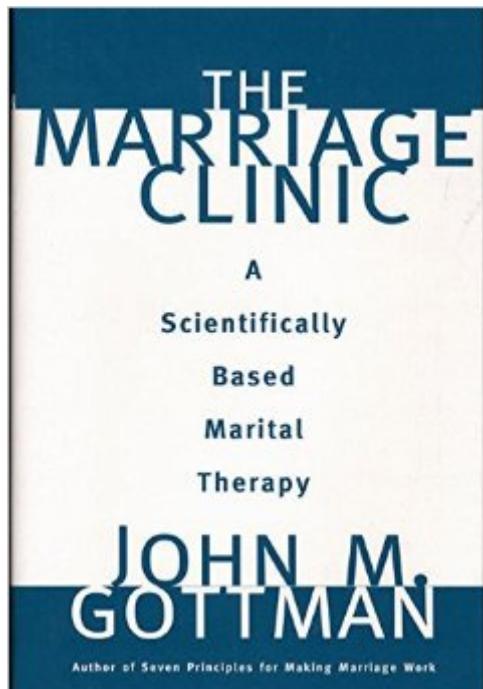


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# The Marriage Clinic: A Scientifically Based Marital Therapy (Norton Professional Books (Hardcover))



## 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

At last there is an answer to the question I've been asking since beginning my studies in psychology--"Isn't there anything ELSE?" There are many schools of thought that reign in fiefdoms of psychology, including systems theory, behaviorism, Imago, and psychodynamic to name a few. Each is dogmatic, and when tested across research studies, all can benefit patients (despite zealous claims to the contrary by the priesthoods in each camp). However, until I read *The Marriage Clinic*, I was not aware that our field has shown such poor results in the area of marital therapy. While individual psychotherapy tends to work, Gottman sites research to show that marital therapy does not create lasting change. This is serious. Our current state of the art in marital and family therapy tends include unsatisfying, unnatural, and even ridiculous, techniques for clinicians to use with people facing the problem of how to improve their marriage. Thank goodness for people like Gottman, who actually collect data to inform decisions, and use common sense and humanity to understand and apply those findings. I see Gottman as our field's greatest living visionary, whose research and relationship building techniques will hopefully spread to parent-child relationships and IO psychology as well. As to this book specifically, don't get it unless you are a clinician. If you are looking to help your own marriage, I suggest *The Seven Principles of Making Marriage Work*, which is very user friendly. *The Marriage Clinic* is quite technical in parts, and can be dense, however it is a very fun read. Gottman's personality and humor come through loud and clear. I found myself laughing out loud at times.

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