

The Gottman Institute



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The Gottman Institute provides practical, research-based skills to strengthen and restore marriages and relationships. In separate lines of research over the past 40 years, Dr. John Gottman and Dr. Julie Schwartz Gottman have observed the strength and resilience of same-sex couples, even in the midst of the cultural and social stresses to which same-sex couples are uniquely vulnerable. These couples - like all couples - need and deserve tailored, research-based support when they are in distress. Together, the Gottmans have a commitment to assuring that lesbian and gay couples have resources to help strengthen and support their relationships. Dr. Julie Schwartz Gottman made a key contribution to research on daughters of lesbians: her work showed that daughters with lesbian moms do just as well as those raised by straight moms. Dr. John Gottman conducted the first longitudinal study of its kind of gay and lesbian relationships using multiple methods and measures. He was able to assess the emotional strengths and weaknesses of the relationships, and to learn what makes these relationships more or less stable. Join the thousands of couples who have learned the art and science of love by coming to one of our renowned weekend workshops! The Art & Science of Love Couples

Workshop is offered live in Seattle four times per year with Drs. John & Julie Gottman, or around the country with one of our Senior Certified Gottman Therapists. Along with the memory of re-connecting and the knowledge that "we can do this!", you will take home a box of techniques, cards, tools and tips to support your relationship in your everyday lives. Upcoming events: September 26 & 27, 2015 - Washington State Convention Center (Seattle, WA) December 12 & 13, 2015 - Exhibition Hall, Seattle Center (Seattle, WA)

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