

COUPLES & ADDICTION RECOVERY

A Gottman Approach for Therapists,
Counselors, and Addiction Professionals

Date: October 27, 2018

**Presented by: Dr. Bob Navarra,
Master Certified Gottman Trainer**

Dr. Navarra is a popular presenter at national conferences and has trained therapists nationally and internationally on treating couples in recovery. He has co-authored numerous articles and chapters with Drs. John and Julie Gottman.

Location: Residence Inn Marriott, 881 West Baker Street
Costa Mesa, Newport Beach, CA

Time: 8:30 am-5:00 pm

Cost: \$229.00 by October 1, 2018
\$249.00 after October 1, 2018

Cost includes a 177 page manual and a Recovery Card Deck set

6.5 CE hours available through R. Cassidy (\$40.00 payable to R. Cassidy-web link provided)

Couples and Addiction Recovery is a new workshop for therapists, counselors, recovery coaches, and professionals who work with couples struggling with addiction as well as couples in recovery from alcohol, drugs, and/or behavioral addictions. The training teaches a relationship approach to healing - one that includes an emphasis on recovery for the partner with the substance use disorder, the partner's recovery, and their relationship recovery.

The tools and interventions taught in this workshop are adapted from the Gottman Method to help couples increase communication and understanding, establish appropriate boundaries, and heal from the impact of addiction. The workshop provides opportunities to observe the techniques and exercises, through live and video demonstrations so participants feel ready to use them right away with individual couples and small groups.

WHAT PEOPLE ARE SAYING:

"Couples affected by addiction are hungry for a framework to help heal their relationship. I highly recommend this important training for addiction treatment centers running family programs. It provides new research, insights, clinical structure, and effective materials that can be used by therapists and staff to help couples build new relationship bridges."- C.S., Former Clinical Director, Edgewood Health Network, Seattle, WA

"Thank you Bob! We needed this - I see so much substance abuse and addiction in the couples I work with. It's nice to have a strategy."- D.H., Licensed Marriage and Family Therapist, Seattle, WA

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For registration visit: <https://transformingcouples.net/car/>