

L.A.C.S.W.

Louisiana Association of
Clinical Social Workers

Presents:

Darryl Ducote, L.C.S.W., B.C.D.

**The Research-Based Marital Therapy
of John Gottman, Ph.D.**

8:15am-4:30pm

Friday March 11, 2005

At

Willis Knighton/Steen-Hall Eye
Institute

Auditorium 2611 Greenwood Road
in Shreveport, Louisiana

or

Friday, June 17, 2005

at

River Oaks Psychiatric Hospital
1525 River Oaks Road
in New Orleans, LA

**6 Hours of Continuing Education
Units**

This presentation is intended for Licensed Clinical Social Workers, Licensed Professional Counselors and Licensed Marriage and Family Therapists. All other interested professionals and students of these professions may contact the workshop coordinator for attendance.

Workshop Description

Marriage is undergoing a crisis in our culture. The divorce rate continues at 50% and fewer couples are even seeking marriage. Couples desperately need help and therapists need a clear, comprehensive and effective approach to marital therapy that is based on solid research and not just theory or intuition. Psychologist John Gottman, Ph.D., from the University of Washington at Seattle, recognized this need over 30 years ago and began an ambitious research project that studied a large sampling of couples and followed their relationships for years. From this research, his team was able to determine which factors in a relationship predicted divorce as well as which factors created stability in a marriage. Using these findings, Dr. Gottman has developed an approach to therapy that attempts to target the dysfunctional elements of a relationship and transform them to create a functional, stable and satisfying marriage. This workshop will present an overview of Dr. Gottman's research as well as the therapeutic approach that flows from that research. This workshop is intended for Psychologists, Social Workers, Counselors, Marriage & Family Therapists, Clergy and Marriage Educators.

Workshop Objectives:

- 1.To provide an overview of recent research on marriage.
- 2.To delineate the factors that predict divorce.
- 3.To outline the structure of a healthy marital relationship.
- 4.To propose an approach to assessing marital relationships.
- 5.To review specific interventions which target marital dysfunction.
- 6.To present strategies for relapse prevention.

Workshop Outline

8:15am-9:00am **Registration**

9:00am-10:30am

Overview of Marital Research:

- a. Current status of marriages.
- b. Gottman's research project.
- c. Which factors predict divorce?
- d. What constitutes a healthy & stable marriage?
- e. Implications for marital therapy.

10:30am-10:45am **Break**

10:45am-12:15pm

Assessing a Marital Relationship:

- a. Structuring the initial interview.
- b. What to look for in the relationship?
- c. What to look for with the individuals?
- d. When is conjoint therapy contraindicated?

12:15pm-1:15pm **Lunch (on your own)**

1:15pm-2:45pm

Therapeutic Interventions:

- a. Underlying assumptions about marital therapy.
- b. Enhancing the marital friendship.
- c. Solving solvable problems (skills).

2:45pm-3:00pm **Break**

3:00pm-4:30pm

Therapeutic Interventions (cont' d):

- a. Overcoming gridlock.
- b. Creating shared meaning.
- c. Processing a fight.
- d. Dealing with resistance.
- e. Avoiding relapse.

4:30pm **Adjourn**

Workshop Presenter

Darryl Ducote, L.C.S.W., B.C.D. is a clinical social worker in private practice with over 20 years of experience in working with couples. He holds a Master's Degree in Social Work from L.S.U. and Masters Degrees in Theology and Divinity from Notre Dame Seminary in New Orleans. He is also a past president of the Louisiana Association of Clinical Social Workers. For the last seven years, Darryl has devoted extensive time and energy to studying the research and therapeutic approach of John Gottman, Ph.D., and subsequently, has re-shaped his approach with couples based on Dr. Gottman's work. In addition to therapy, Darryl has designed and taught a five-week marriage enhancement course for couples which he offers several times each year, as well as, weekend retreats for couples. Currently he is working with Paul Ceasar, Ed.D., LP.C. to prepare a video series for couples to use as a self-study tool. He currently lives in Baton Rouge with his wife and two stepchildren.

Directions to Shreveport workshop:

I-20W: Exit 16-B @Greenwood Road, turn right onto Greenwood. Turn left @ 3rd St., Albert Bicknell Drive.

I-20E: Exit 16-A @Hearne Ave., turn left onto Hearne. Turn right @2nd light onto Greenwood Rd., then left on Albert Bicknell Dr.

I-49 from Alexandria: Take I-20W to Greenwood Rd and follow directions above.

Park in the lot beside Steen-Hall Eye Institute. Go to first floor auditorium.

Directions to New Orleans workshop:

I-10 Clearview Parkway exit: Go toward Huey P. Long Bridge. Turn right at second traffic light after Airline Drive. Stay in right lane and take a right at Elmwood by Palace Theater. Take a left on Citrus Rd. to River Oaks Road W. on your left.

From Earhart Expressway: Exit left at Dickory then take a left at Citrus Road. River Oaks Hospital will be on your right.

Registration:

Fees:

\$75 members of LACSW

\$95 non-member

\$110 at the door, if space is available

LACSW Membership fee is \$195

At June workshop, new membership is \$125 with registration.

A drawing will be held for a free membership at the annual membership meeting, June 17, 2005.

Name _____

Address _____

Telephone (____) _____

Fax (____) _____

E-mail _____

Credentials _____

Make check payable to L.A.C.S.W. and mail to our Treasurer, Charlene Spears, LACSW at:
1001 W. Pinhook Road, Bldg. 3, Suite 305
Lafayette, LA 70503

Refunds will be given for participants who cancel at least forty-eight hours before the seminar. \$25 will be deducted for administrative costs.

Register now!

Shreveport, March 11, 2005

Shreveport contact: Leesa Sitter, LCSW at 318 226-8753

New Orleans, June 17, 2005

New Orleans contact: George Morlier, LCSW at 504 458-2523

Check out our website at: [Http://www.lacsw.org](http://www.lacsw.org)