**Couples Therapy Starter Kit**

Welcome to couples therapy! Couples therapy requires regular counselling sessions and working on your relationship outside of therapy. I created this quick start guide to help you get started.

I am trained in the following approaches:

* [The Gottman Method](https://www.youtube.com/user/TheGottmanInstitute) (the primary method I use)
* [Emotionally Focused Couples Therapy](https://www.youtube.com/watch?v=xQCg-jC25fo)

I chose these approaches because they are based in research, and I have found them to be helpful with clients.

Tips for getting started:

* Complete the [online Gottman assessment](https://checkup.gottman.com/assets/handouts/Gottman%20Relationship%20Checkup%20Handout%20for%20Couples-df2901d87a851bf958f1dc6c22ac1272af63b6647438bb4ff185f5d9d97e677a.pdf). This assessment provides a comprehensive picture of the overall health of the relationship and illuminates any issues we may have missed
* Download the [Gottman Card Decks App](https://www.gottman.com/couples/apps/). This free resource has exercises that you can your partner can do outside of session to build your relationship
* Sign-up for the [Gottman’s Marriage minute](https://www.gottman.com/marriage-minute/), a short email newsletter providing quick and easy tips to improve your relationship
* Pick up a copy of John Gottman’s [The Seven Principles of Making a Marriage Work](https://www.amazon.ca/Seven-Principles-Making-Marriage-Work/dp/0553447718/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1537287274&sr=1-1&keywords=gottman). This book will provide a context for our work, as well as provide additional information
* Check out the [videos on couples therapy](http://www.christinabell.net/videos/http%3A//www.christinabell.net/videos/) on my website
* In my experience, couples do well when they commit to regular appointments and time to work on their relationship outside of session
* I would also recommend reading Sue Johnson’s [Hold Me Tight](https://www.amazon.ca/Hold-Me-Tight-Conversations-Lifetime/dp/031611300X/ref%3Dsr_1_1?ie=UTF8&qid=1537286915&sr=8-1&keywords=hold+me+tight) and Stan Tatkin’s [Wired for Love](https://www.amazon.ca/Wired-Love-Understanding-Attachment-Relationship/dp/1608820580/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1537286937&sr=1-1&keywords=wired+for+love), as these books provide useful perspectives on relationships from an attachment framework

Looking forward to working with you! ***Christina***