**Couples Therapy Starter Kit**

Welcome! I created this page for couples who want to access resources and information outside of the therapy session.

Although I am influenced by many theories and techniques, but I regularly practice the [Gottman Method](https://www.youtube.com/user/TheGottmanInstitute) and [Emotionally Focused Couples Therapy](https://www.youtube.com/watch?v=xQCg-jC25fo) with couples.

Ideas to get started:

* Check out the [videos on couples therapy](http://www.christinabell.net/videos/http://www.christinabell.net/videos/) on my website
* 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=sr_1_1?ie=UTF8&qid=1511668194&sr=8-1&keywords=john+gottman)
* Complete the [online Gottman assessment](https://checkup.gottman.com/assets/handouts/Gottman%20Relationship%20Checkup%20Handout%20for%20Couples-df2901d87a851bf958f1dc6c22ac1272af63b6647438bb4ff185f5d9d97e677a.pdf). It provides a comprehensive picture of the overall health of the relationship and illuminates any issues we may have missed
* I would also recommend reading Sue Johnson’s [Hold Me Tight](https://www.amazon.ca/Hold-Me-Tight-Conversations-Lifetime/dp/031611300X/ref=sr_1_1?ie=UTF8&qid=1511668393&sr=8-1&keywords=hold+me+tight+sue+johnson) and Stan Tatkin’s [Wired for Love](https://www.amazon.ca/Wired-Love-Understanding-Attachment-Relationship/dp/1608820580/ref=sr_1_1?s=books&ie=UTF8&qid=1511668471&sr=1-1&keywords=wired+for+love) for a better understanding of adult attachment issues in couples
* In my experience, the couples that do well in therapy commit to regular appointments and have an inner curiousity to learn about healthy relationships

Looking forward to working with you!

Christina