

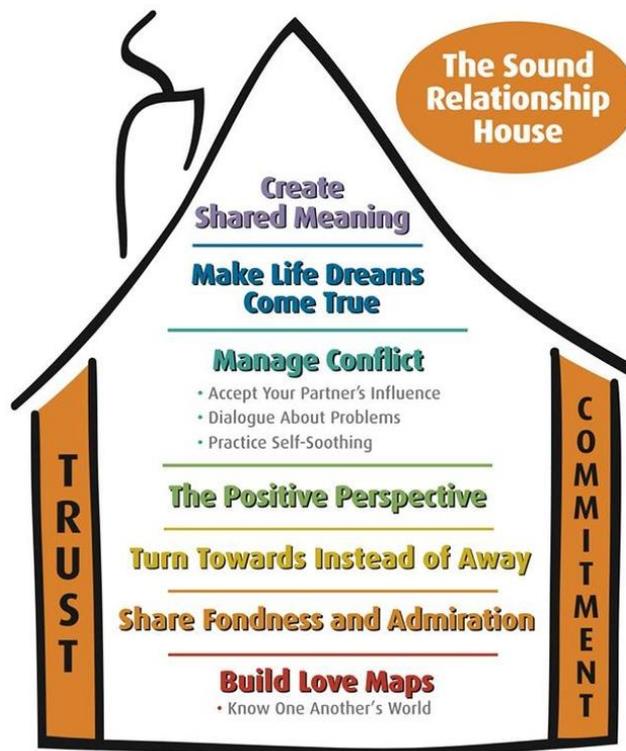


Are you in a Healthy Relationship?



The Gottman Method for Healthy Relationships:

Our research shows that to make a relationship last, couples must become better friends, learn to manage conflict, and create ways to support each other's hopes for the future. Drs. John and Julie Gottman have shown how couples can accomplish this by paying attention to what they call the Sound Relationship House.



1. **Build Love Maps:**

How well do you know your partner's inner psychological world, his or her history, worries, stresses, joys, and hopes?

2. **Share Fondness and Admiration:**

The antidote for contempt, this level focuses on the amount of affection and respect within a relationship. (To strengthen fondness and admiration, express appreciation and respect.)

3. **Turn Towards:**

State your needs, be aware of bids for connection and respond to (turn towards) them. The small moments of everyday life are actually the building blocks of relationship.

4. **The Positive Perspective:**

The presence of a positive approach to problem-solving and the success of repair attempts.

5. **Manage Conflict:**

We say "manage" conflict rather than "resolve" conflict, because relationship conflict is natural and has functional, positive aspects. Understand that there is a critical difference in handling perpetual problems and solvable problems.

6. **Make Life Dreams Come True:**

Create an atmosphere that encourages each person to talk honestly about his or her hopes, values, convictions and aspirations.

7. **Create Shared Meaning:**

Understand important visions, narratives, myths, and metaphors about your relationship.

8. **Trust:**

This is the state that occurs when a person knows that his or her partner acts and thinks to maximize that person's best interests and benefits, not just the partner's own interests and benefits. In other words, this means, "my partner has my back and is there for me."

9. **Commitment:**

This means believing (and acting on the belief) that your relationship with this person is completely your lifelong journey, for better or for worse (meaning that if it gets worse you will both work to improve it). It implies cherishing your partner's positive qualities and nurturing gratitude by comparing the partner favorably with real or imagined others, rather than trashing the partner by magnifying negative qualities, and nurturing resentment by comparing unfavorably with real or imagined others.

Combining the knowledge and wisdom of nearly forty years of studies and clinical practice, Gottman Method Couples Therapy helps couples break through barriers to achieve greater understanding, connection and intimacy in their relationships. Through research-based interventions and exercises, it is a structured, goal-oriented, scientifically-based therapy. Intervention strategies are based upon empirical data from Dr. Gottman's study of more than 3,000 couples. This research shows what actually works to help couples achieve a long-term healthy relationship.

Gottman Method Couples Therapy was developed out of this research to help partners:

- Increase respect, affection, and closeness
- Break through and resolve conflict when they feel stuck
- Generate greater understanding between partners
- Keep conflict discussions calm

Above reference: www.gottman.com.au

If you are interested in more information about the Gottman Method, please speak with our friendly staff at reception so they can direct you to the right therapist.

Introducing our newest member to the Drop Of Life Team....

Donn Tantengco



Donn Tantengco is a generalist psychologist and has been so since obtaining his full registration in 1999. He has worked across a variety of settings including non-profit organisations, community mental health (adult), and private practice in providing assessment and therapeutic services to clients. His experience in private practice also includes providing counselling under employee assistance and Veteran Services arrangements. He is experienced in working with clients to address presenting issues such as anxiety, depression, grief and loss, relationship difficulties, adjustment, and coping with trauma/PTSD. In addition to working with clients individually, he also enjoys working within a couples/family framework and has a special interest in these approaches.

Donn is also a bicultural mental health consultant with Queensland Health and adopts an approach that is culturally respectful to clients of CALD backgrounds. He is also

an accredited supervisor with the Psychology Board of Australia (for 4+2, higher education) and is available for professional supervision of students/interns (external).

Extra Skills Information

- Accredited supervisor with AHPRA (4+2, higher education)
- Bicultural Mental Health Consultant, Qld Health (Filipino)
- Supervisor, College of Professional Psychology
- Completed Level 3 training, Gottman Couples Therapy (2015)



Benji's Tip

STOP:	START:
SPEAKING	LISTENING
PLANNING	ACTING
COMPLAINING	INSPIRING
WORRYING	HOPING
DOUBTING	BELIEVING
DOING NOTHING	WORKING HARD
FROWNING	SMILING
BEING SUSPICIOUS	TRUSTING
BEING RUDE	UNDERSTANDING
HATING	LOVING
RESENTING	BEING GRATEFUL

Announcing the winner of
our fish naming
competition....



RYDER

Ryder came up with the great following names for our fish:

Crusher

Goldy

Silver

Thank you everyone for your participation.
Ryder, please see Jasmine at reception to collect your prize!

Competition Time

This month we will be hosting a **GUESS HOW MANY MARSHMALLOWS**
competition. If you would like to enter, please see Jasmine at reception.
The winner will be announced next month and will receive the WHOLE jar of
Marshmallows.. YUM!!!

Get guessing kids!!!



Drop of Life Team



NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years.

Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.



LOUISE DEMPSEY

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life around August 2016



JASMINE SLATER

Our friendly Administration Officer Jasmine is always here to help.

