



## Eight Dates: An Intimate Conversation with John and Julie Gottman

World-renowned research scientists on marriage and family, and co-founders of The Gottman Institute.

John Gottman, Ph.D. is Professor Emeritus of Psychology, University of Washington, and author or co-author of over 200 published academic articles and 40+ books.

Julie Schwartz Gottman, Ph.D. is the co-creator of the popular "The Art and Science of Love" weekend workshops for couples, the co-designer of Gottman Couples Therapy, and the author or co-author of numerous books.

### Wednesday, March 13, 2019, 7:00 PM

#### Interviewer: Eli J. Finkel, Ph.D.

Author, *The All-or-Nothing Marriage* and Director, Relationships and Motivation Lab, Northwestern University.

**Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60201**

**Grand Rounds for pre-registered clinicians ONLY:**

### Thursday, March 14, 2019, 9:00-10:30 AM

#### Interviewer: Maru Torres-Gregory, JD, Ph.D., LMFT

Licensed marriage and family therapist, The Family Institute at Northwestern University.

**Hilton Orrington Hotel, Grand Ballroom, 1710 Orrington Ave., Evanston, IL 60201**

**CEU Registration: [bit.ly/GottmanFAN](http://bit.ly/GottmanFAN)**

Presented by **Family Action Network (FAN)**,

in partnership with **Compass Health Center, Counseling Center of the North Shore, Family Service Center, Family Service of Glencoe, and The Family Institute at Northwestern University.**

The evening event is **free and open to the public**; the Grand Rounds is also free, but restricted to clinicians. Both will be taped. Suitable for youth 12+. **INFO: [familyactionnetwork.net](http://familyactionnetwork.net)**

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**FOR IMMEDIATE RELEASE: JOHN GOTTMAN, Ph.D. and JULIE SCHWARTZ GOTTMAN, Ph.D. – TWO EVENTS**  
**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**EVENT 1: Wednesday, March 13, 2019, 7:00 PM, Eight Dates: An Intimate Conversation with John and Julie Gottman, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60201. **Interviewer:** Eli J. Finkel, Ph.D.**

**EVENT 2: Thursday, March 14, 2019, 9:00 AM, GRAND ROUNDS: Eight Dates: An Intimate Conversation with John and Julie Gottman, Hilton Orrington Hotel, Grand Ballroom, 1710 Orrington Ave., Evanston, IL 60201. **Interviewer:** Maru Torres-Gregory, JD, Ph.D., LMFT. **1.5 CEU hours available. CEU registration: [www.bit.ly/GottmanFAN](http://www.bit.ly/GottmanFAN)****

Couples often connect and fall in love by talking. But what conversations should a new couple have to know if their love will last a lifetime – through challenges, surprises, joy, and pain? And if a couple has been in a relationship for years, what conversations should they have to reinvigorate the connection and passion that first brought them together, but may have become routine?

In their latest book, ***Eight Dates: Essential Conversations for a Lifetime of Love***, leading marriage and family researchers **John Gottman, Ph.D.** and **Julie Schwartz Gottman, Ph.D.** offer empowering ways to discover the love each partner wants and deserves. The Gottmans have identified eight important topics that can make or break a relationship, and they guide couples through eight conversation-driven dates, describing how to talk (and listen) in a way that will be beneficial for the individual and the couple. Empirically tested on 300 couples (heterosexual and same-sex at various stages of their relationships), the dates nurture bonds in new relationships and renew intimacy in long-term ones.

The Gottmans have been studying relationships for over 25 years, and are experts in couples’ therapy, marriage and divorce. The “Gottman Method” goals are to “disarm conflicting verbal communication, increase intimacy, respect, and affection, remove barriers that create a feeling of stagnancy in conflicting situations, and create a heightened sense of empathy and understanding within the context of the relationship.” Emotional attunement and non-defensive listening – we can all benefit from those skills!

On March 13, the Gottmans will be interviewed by **Eli J. Finkel, Ph.D. (FAN ’17)**, the author of the best-selling book ***The All-or-Nothing Marriage*** and Director of the **Relationships and Motivation Lab** at **Northwestern University**. For the March 14 Grand Rounds, **Maru Torres-Gregory, JD, Ph.D., LMFT**, a licensed marital and family therapist at **The Family Institute at Northwestern University**, where she is also the clinical supervisor and faculty instructor of the **Master of Science in Marriage and Family Therapy** program.

*Sponsored by **Family Action Network (FAN)**, in partnership with **Compass Health Center, Counseling Center of the North Shore, Family Service Center, Family Service of Glencoe, and The Family Institute at Northwestern University.***

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