



**AUGUST 2022**

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# **N E W S L E T T E R**



**Do You Know About  
*The Gottman  
Method*  
*Couples Therapy?***

## DO YOU KNOW ABOUT *The Gottman Method* COUPLES THERAPY?



Are you interested in couples therapy that works? Do you want to strengthen your friendship with your spouse, learn new ways to manage conflict, and explore methods to deepen your shared meaning in your relationship, Therapy Solutions can help.

Bobbie Johnson, MSC, LAPC has recently completed level 2 training in Gottman Method Couples Therapy and she uses Gottman Method Couples Therapy in her therapy work. The Gottman Institute was founded by Dr. Julie Schwartz Gottman and Dr. John Gottman, both are well-respected psychologists. Dr. Julie Gottman specializes in clinical psychology and Dr. John Gottman in research. Together they have created a method for couple counseling based on relationship research.

The Gottman's use an image of a house called the Sound Relationship House to demonstrate how to keep

a relationship strong, stable, and beautiful. The house is made-up of seven floors. The first three floors form a solid foundation of friendship which consist of love maps, shared fondness and admiration, and turning towards your partner instead of away. This friendship is supported by two weight bearing walls, trust and commitment. The next level is the positive perspective which is based on the couple's levels of friendship.

This level shapes how the couple handles day to day issues by either having positive or negative sentiment override. The following level is managing conflict which involves accepting your partner's influence, dialoguing about problems, and abilities to practice self-soothing. The last two levels are making life dreams come true and creating shared meaning. The therapist is like a contractor who begins by assessing the levels and comes up with a plan to make the needed repairs. Different tools and interventions are used for each level.



## BADLANDS BIG STICKS



For more tips from the Gottman Institute check out their podcast, Small Things Often, at <https://www.gottman.com/podcast/>.

*"Most marital arguments cannot be resolved. Couples spend year after year trying to change each other's mind—but it can't be done. This is because most of their disagreements are rooted in fundamental differences of lifestyle, personality, or values. By fighting over these differences, all they succeed in doing is wasting their time and harming their marriage. Instead, they need to understand the bottom-line difference that is causing the conflict—and to learn how to live with it by honoring and respecting each other."*

— John M. Gottman, The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert

**Bobbie is accepting new referrals at this time. To schedule an appointment for couples counseling or if you have questions, call 483-1000.**

*"Love is the most important thing in the world, but baseball is pretty good, too."*

— Yogi Berra

Summer is baseball season! Therapy Solutions is a proud sponsor of the Badlands Big Sticks, Dickinson's very own summer collegiate baseball team. Our two incredible athletic trainers, Tori Nelson and Victoria Kuntz, are also in the dugout again this year providing the team with all of their athletic training needs. They serve a vital role in helping the team stay on the field and perform at their highest potential. Our staff members also have the opportunity to cheer from the sidelines by taking advantages of our season tickets. The Big Sticks games are a wonderful way to spend a summer afternoon or evening!

**Therapy Solutions**  
**TAKE YOUR LIFE BACK.**

For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).

Learn more by visiting our website at [Therapy-Solutions.net](http://Therapy-Solutions.net) or schedule your consultation today by calling 701.483.1000!

## BOSS'S CORNER



Greetings! My hope is you and your family were able to spend some quality time together this summer. Whether it was attending the Medora Musical, a Badlands Bigsticks game, a mini-vacation to a new destination, or a return trip to a favorite location. Carving time out of our busy lives allows us to enjoy some of those little things that create positive memories that will last a lifetime.

We may not always realize it at that time, but with every passing summer, these memories grow and blossom within each of us. Don't let these opportunities pass. Take time to smile, laugh, and just be silly. As my dad once said, "work hard and play harder." I hope you have a chance to play hard this summer. — **Jared**

## MENTAL HEALTH SUCCESS STORY!

"Brenda at Therapy Solutions has genuinely helped me transition through some difficult areas in my life. She has helped me grow to be a better, more patient and understanding mother. Which is the best gift a parent could ask for."

— **Alex, mental health client**

## STAFF SPOTLIGHT

### *Therapy Solutions is Growing!*

We would like to welcome the following new hires to our Therapy Solutions family:

- **Bobbie Johnson** – Mental Health Counselor
- **Katie Lefor** – Mental Health Supervisor
- **Shelly Wolf** – Administrative Assistant
- **Kellee Martin** – Clinic Receptionist

Stay tuned to the "Staff Spotlight" section in the upcoming months for more details on our amazing staff additions!

First up... our newest mental health counselor, **Bobbie Johnson!**



Bobbie is a recent graduate from the University of Mary with her Master of Science in Mental Health Counseling. She was previously a mental health student intern with us since January 2021 and officially joined our team as a mental health counselor this June. Bobbie is licensed and works with a variety of conditions. She integrates multiple therapies including person-centered, narrative, emotion-focused, and cognitive behavioral therapy.

Bobbie is originally from Dickinson and resides here with her husband and her son.