



Relational Health

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Masters vs. Disasters

- Significant Difference in Divorce Rates
- Significant Difference in Marital Satisfaction



Our Research Methods

- Over 40 years of Research, Representative Samples,
- Happy-Stable, Not Only Ailing Relationships
- Multi-Method: Physiology, Self-Report, Behavior
- Multi-Situational: Conflict, Events, Apartment Lab
- Longitudinal (Up to 20 Years) and Developmental (Babies, Children)
- Domestic Violence
- Transition To Parenthood
- Theoretical and Mathematical
- Intervention and Prevention Research
- Extension to Lower-Income Population



FILM

Monty Python's Flying Circus

The Argument Clinic Film





What is “Dysfunctional” in Relationships?

- Busting a Few Common Myths
- What is True, Based on Research?
 - More negativity than positivity
 - Escalation of Negative Affect
 - The Four Horsemen



The “Four Horsemen of the Apocalypse”

1. Criticism
2. Defensiveness
3. Contempt
4. Stonewalling



What is “Dysfunctional” in Relationships?

What is True, Based on Research? (continued)

- Emotional Disengagement and Withdrawal
- Failure of Repair Attempts
- Negative Sentiment Override
- Physiological Arousal
- Failure of Men to Accept Influence

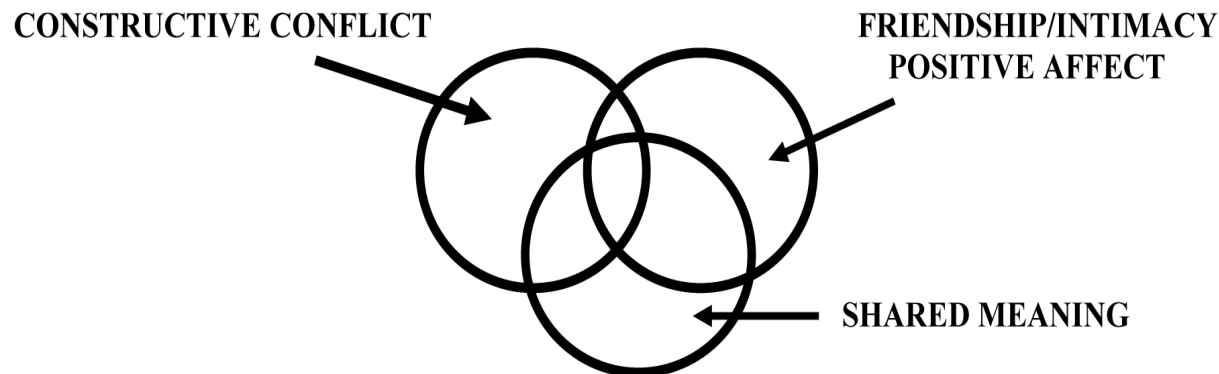


What is “Functional” When a Relationship Goes Well?

- Answers come from studying relationships that last and are satisfying longitudinally
- Previous research had to reply on therapist’s fantasies of what a good relationship was like
- Matched preferred conflict styles
- Dialogue, not gridlock
- Successful repairs

Three Domains:

- Constructive Conflict
- Friendship/Intimacy/Positive Affect Systems
- Shared Meaning





**The Sound
Relationship
House**

**Create
Shared Meaning**

**Make Life Dreams
Come True**

Manage Conflict

- Accept Your Partner's Influence
- Dialogue About Problems
- Practice Self-Soothing

The Positive Perspective

Turn Towards Instead of Away

Share Fondness and Admiration

Build Love Maps

- Know One Another's World

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Q & A