

Couples deserve to succeed

The Seven Principles for Making Marriage Work

The Seven Principles Program for couples is a workshop based on the internationally acclaimed research of Dr. John Gottman as presented in his bestselling book: The Seven Principles for Making Marriage Work.

The Program is designed for all couples in a committed relationship. The program will give you new insights and research based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help you resolve conflict in a healthy productive way.

At the workshop, couples will learn how to:

- Improve friendship, fondness & admiration
- Enhance romance & intimacy
- Deal effectively with conflict
- Break through and resolve conflict gridlock
- Create shared meaning
- Learn to recognize and then transform destructive relationship patterns

**Research shows that on average, couples wait
six years from the first signs of problems
before they seek help.**

The course is offered
on two x two-hour evening classes.

For more information about the Seven Principles Program offered through ATODA Medical please ask at reception or contact us on:
info@atodamedical.cz | +420 277 003 100



The workshop is for couples who are interested in improving and strengthening their marriage or partnership, and for learning the key skills to enhance emotional intelligence, including:

- Married couples
- Pre-engaged couples (those considering marriage)
- Engaged or Premarital couples (those taking steps towards marriage)
- Those who wish to enhance an already "good" marriage or relationship
- Those needing better conflict management tools
- Those considering couples therapy but who are not "ready" for regular therapy yet

The workshops will be facilitated by Barbara and Toby Downes. Barbara is a registered and trained psychologist and psychotherapist, Toby is a registered Gottman Institute Course Leader and Trainer. Practice – marriage more than 12 years. Practice – psychotherapist more than 15 years.