

Dr. John Gottman on how we respond to emotions has a huge impact on those close to us.

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Many clients come to me with a desire to improve their primary relationships and family connections. My approach to couple's counseling draws on various family systems theories and communication models. Here are some informative related links.

Dr. John Gottman is Professor Emeritus of Psychology at the University of Washington. He asserts that how we respond to emotions has a huge impact on those close to us. If the people you are close to feel frustration, sadness, anger, he says, use patience in your communication. Discouraging or dismissing human emotions can be harmful. Modelling good "emotional communication" to children, adults and especially to our primary partners can bring about healthier long-lasting relationships. Dr. Gottman has written many useful books including *The Relationship Cure* and *The Seven Principles for Making Marriage Work*. He spoke at Town Hall in Seattle on March 5, 2008.

Click on the Real Player or MP3 logo after clicking on: kuow.org to hear this informative talk .

Video from: kuow.org| (download 0.1 MB)