

## Assessment

If we don't know where we are going, driving faster will not get us there more quickly. Assessment is a vital part of Gottman Therapy. Each partner will be asked to complete *The Gottman Relationship Checkup* (Ideally prior to session #3).

The Gottman Relationship Checkup is an online assessment which can be taken from any computer or smart phone. When both partners have completed the Gottman Relationship Checkup, Gloria will be notified. She will receive a 65-page report about every area of the couple's relationship. The cost to complete this assessment is \$150.00 and is not eligible for billing to insurance companies; each couple can expect to be billed for this assessment. Other couples, not intending to enter couple's therapy can also take the Gottman Relationship Checkup, and have a results session, for \$295.00 with Gloria. Couples who have attended The Art and Science of Love Workshop for Couples with Gloria are eligible to purchase the Assessment/Results Session package for \$250.00.

### *Session #3*

During the 3<sup>rd</sup> session, couples usually receive the results of the Relationship Checkup. Gloria will describe the areas of strength; areas of challenge and possible goals will be discussed.

