

# Laura Heck

## Couples and Certified Gottman Therapist

Please contact a GDA agent for information.

### Topics

- Communication
- Conflict Resolution
- Mental Health / Psychology
- Personal Growth
- Sexuality
- Virtual

### About Laura Heck

Laura Heck is a licensed marriage and family therapist with a private practice in Salt Lake City. She received her M.A. in Clinical Psychology and is a Certified Gottman Therapist (one of less than 300 in the world). Her work includes couples therapy, online counseling, workshops, speaking engagements, teaching for The Gottman Institute and co-founder of forBetter. Laura's passion to teach has led her to co-found forBetter an instruction based web platform allowing couples to access powerful research based tips and tools for creating intimate relationships that are forBetter.



Laura served in a leadership role at The Gottman Institute (TGI) as the Director of Professional Development until 2015 when she relocated to Salt Lake City. Together with Gottman Institute Clinical Director, Dr. David Penner, Laura co-developed The Gottman Seven Principles Program and is also the author of the Seven Principles Companion Workbook, a tool for couples to use in conjunction with The Seven Principles for Making Marriage Work book by Dr. John Gottman. She continues as Master Trainer for the program which has trained thousands of people to offer the Seven Principles Program in their communities, across six continents.

Laura is a charismatic and energetic speaker who's love of life shines through her quirky and quick-witted presentations. Her transparency and authenticity is evident through her use of storytelling and examples of her own struggles in relationship with others. Laura is able to connect with audiences large and small, speaking to intimate groups and up to audiences of over 900. Laura has been with her beloved and patient husband for nearly ten years and they have a two year old son together.

### Select Keynotes

- **Bringing Baby Home**

Even the strongest relationships are strained during the transition to parenthood. Lack of sleep, never-ending housework and new fiscal concerns can lead to profound stress and a decline in marital satisfaction — all of which affect baby's care. Not surprisingly, 67% of new parents experience conflict, disappointment and hurt feelings.

Our research-based Bringing Baby Home workshops prepare couples for life with baby and helps them be the best parenting team possible. In a relaxed and supportive environment, parents learn to strengthen their relationship and foster baby's development during this challenging time. They build on what Dr. Gottman and colleagues found is the best predictor of marital adjustment after baby arrives: the quality of friendship in the marriage. Learn how to teach pregnant and parenting couples the skills needed to encourage healthy, supportive family relationships

- **Couples and Addiction Therapy**

Statistics show that 1 in 10 people who enter a therapy office or clinic have an addictive disorder, yet only about 10% receive treatment.

While addiction is often referred to as a "family disease," current approaches in recovery do not provide treatments that address or account for the relationship between the person with an addiction and their partner. It's time to change how we treat couples in recovery.

To help move our clients from addiction to recovery, we need to know how to assess and treat addictive disorders, and to feel comfortable using tools and strategies to help couples address addiction and support recovery. Outcome research informs us that couples counseling is more

effective than individual therapy in identifying addiction and in moving the person with the addiction and family into recovery.

- **The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert**

Laura has studied intensively under John Gottman. John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Packed with practical questionnaires and exercises, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

- **Treating Affairs and Trauma**

Affairs and trauma are two of the most challenging issues clinicians face when working with couples. Both rupture trust and undermine the very foundation on which committed relationships are built.

After studying thousands of couples over the last four decades, we now understand a great deal about the process of healing, and we want to share this knowledge with you.

Dive deep into our proven, research-based approach for treating couples impacted by infidelity and PTSD to learn clinical skills that will empower your couples to not only rebuild their relationship, but also create immunity from future betrayals. This training is not required for certification.

### Select Articles

- [769: Laura Heck: AVOID These 4 Behaviors in Any Relationship](#)

The majority of issues we face in relationships can be boiled down to 4 types of behaviors we exhibit. So what are they? How do you identify which ones you exhibit, and what can you do to deal with them in yourself, your partner, friends, family members, and coworkers before they fall apart?

- [Laura Heck: AVOID These 4 Behaviors in Any Relationship](#)

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- [Importance of Predictability](#)

Zach and Laura quickly catch up on all that has been going on in their lives the last month or so. Laura details upcoming topics. They go on to discuss the importance of predictability in your relationship.