Master Gottman Therapist Brings Research-Based Couples Workshop to Raleigh September 19th – 20th, 2026

RALEIGH, NC, UNITED STATES, September 10, 2026 / EINPresswire.com/ -- The Art & SCIENCE of Love Weekend Couples Workshop gives couples from across North Carolina and beyond practical tools for strengthening their connection, communication and conflict management skills. Presenting are Master Certified Gottman Therapists Lisa Lund, LMFT, and Michael Brown, LMFT, both trained directly by renowned relationship researchers Drs. John and Julie Gottman. Together, Lund and Brown bring more than 50 years of experience working with couples.



The Art & SCIENCE of Love Gottman Weekend Couples Workshop

From Relationship Research to Practical Skills

> "The Workshop was a positive jolt to our relationship that we really needed... We had tried couples counseling, but hadn't got what we needed.""
>
> *Workshop Attendee*

The Art & SCIENCE of Love is based on Dr. John Gottman's research involving more than 3,000 couples over three decades. The workshop translates that research into practical exercises and skills couples can use in their everyday relationships.

Over the course of the weekend, couples will learn how to:

- Foster greater respect, affection and closeness
- Build and maintain a deeper emotional connection
- Keep difficult conversations calmer and more productive
- Recognize the destructive communication patterns known as the "Four Horsemen"
- Understand how physiological flooding interferes with productive conflict resolution

• Develop more effective problem-solving and conflict-management skills
• Break through recurring areas of conflict and gridlock
• Strengthen the foundation of their relationship for the long term

The first day focuses on building fondness, admiration and closeness. The second day focuses on conflict management and communication skills. Presentations are combined with instructor-led role plays, film clips, interactive exercises and private couple break-outs.

A Private Experience for Couples

Couples complete the exercises privately with their own partner, while the presenters remain available to assist couples who would like individual guidance during the exercises. Couples participating in the workshop are not asked to publicly discuss or disclose private information about their relationship.

"This is an opportunity for couples to step away from the distractions of everyday life and spend a weekend learning skills that can make a meaningful difference in their relationship," says Lund. "Whether a couple is doing well and wants to make a good relationship even better, or they're struggling with recurring challenges, the Gottman Method gives them a research-based roadmap for moving forward."

The workshop is psycho-educational and is designed for premarital, engaged, married, cohabiting, gay, straight, happy or struggling couples. All ideas presented are grounded in sound and extensive research brought to you from the Gottman Relationship Institute. You will learn what actually works in relationships that are happy and stable.

Workshop Details

The Art & SCIENCE of Love — Weekend Couples Workshop
September 19th - 20th, 2026

Hyatt House Raleigh / North Hills*
160 Park at North Hills Street
Raleigh, NC 27609
*Hotel accommodations and lunch are not included.

Workshop tuition is $949 per couple. Tuition includes both days and a boxed set of workshop materials.

For registration and complete workshop information go to: aCouplesPlace.com

About A Couple’s Place

A Couple's Place, Inc., provides couples counseling and relationship services, including online and in-person services, weekend couples intensive retreats, couples workshops and professional training in research-based Gottman Method Couples Therapy. Lisa Lund, LMFT, is licensed in California and North Carolina.

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