

For Immediate Release
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**Talaris Webcast with Dr. John Gottman
Now Available Online**

Seattle, WA – Yesterday morning, the Talaris Institute hosted Dr. John Gottman, a world-renowned psychologist with thirty-eight years of experience researching parenting and marriage. Dr. Gottman kicked off his talk, entitled “Raising an Emotionally Intelligent Child: The Heart of Parenting,” by telling the audience that people everywhere – from New Guinea to North America – “...all have the same feelings. Where we differ is in how we feel about our feelings.”

Dr. Gottman also pointed out that many parenting books focus on discipline. However, the things parents want for their children, such as honesty, independence, and healthy relationships, come not through discipline but from seeing how families deal with emotions and repair mistakes.

Audience members posed questions to Dr. Gottman, delving more deeply into topics such as the most effective way to praise young children and whether it’s possible to talk too much about feelings. “When families talk a lot about emotions,” Dr. Gottman said, “they develop an awareness of emotions.” Further, Dr. Gottman says, “That helps kids develop a sense of internal control when it comes to emotions,” which serves them very well all the way into adulthood.

Effective today, Talaris is making this event available on demand at no charge at www.ParentingCounts.org/webcast/gottman.

Following the event, Katie Simons, Executive Director of Talaris Institute, noted, “It’s a real honor for Talaris to offer this opportunity for parents and caregivers to hear from someone as influential as Dr. Gottman. His work is tremendously important– the ideas found in Emotion Coaching, for example, are extremely practical while also being based in research.”

About Talaris Institute

Talaris Institute is a Seattle-based nonprofit whose mission is to support parents and caregivers in raising socially and emotionally healthy children. To learn more about Talaris Institute, please visit www.talaris.org; resources for parents and early learning professionals are available at www.parentingcounts.org. Talaris is on Facebook at <http://www.facebook.com/home.php#!/Talaris.ParentingCounts>

About Dr. John Gottman

Dr. Gottman is the author of 190 published academic articles and author or co-author of 40 books, including the bestselling [*Raising An Emotionally Intelligent Child*](#), among many others. Dr. Gottman’s media appearances include Good Morning America, Today, CBS Morning News, and Oprah, and he is a much sought-after speaker around the world.