

The Hold Me Tight Couples Workshop

A Relationship Enrichment Retreat

Facilitated by: Dr. Diana Weiss-Wisdom
Licensed Psychologist #12476



Assisted by EFT Therapists
February 10-11, 2018 9:00 a.m. – 5:00 p.m.
Rancho Santa Fe, CA. **(858) 259-0146**

Over the weekend you will:

- Discover the key moments that shape romantic, loving relationships;
- Learn how to create these moments;
- Have structured skill building exercises to work on with your partner in private;
- Identify strengths in your relationships;
- Discover what is at the root of most conflicts;
- Learn to be more accessible, responsive, and emotionally engaged with each other.

Join us for this positive, research-based workshop for all couples that want to strengthen and deepen their relationship.

- Do you want to feel even closer and connected to your partner?
- Would you like to stop feeling lonely and start feeling safe, secure, and loved?
- Are you getting married and want a proven pre-marital preparation program?

\$765 per couple includes lunches, engaging, informative, fun presentations, and private time for structured exercises with your partner.

This workshop is based on Emotionally Focused Couples Therapy (EFT) and the best-selling book, "Hold Me Tight: Seven Conversations for a Lifetime of Love" by Dr. Sue Johnson. EFT focuses on creating and strengthening the emotional bond between partners by identifying and transforming the key moments that foster an adult loving relationship. Research shows that at least 7 out of 10 couples who go through EFT move from relationship distress to relationship satisfaction.

www.holdmetightworkshops.com

Space is limited.