

Hold Me Tight Couples Workshop

Build a Stronger Relationship
June 14th-16th, 2019

Do you and your partner need time to talk?

Give yourself the gift of time to focus on your relationship. Our Hold Me Tight™ weekend builds in time for seven private 20-30 minute conversations in comfortable surroundings for you and your partner.

What happens at the weekend?

This weekend will center around helping you and your partner successfully have seven conversations specifically designed to increase your intimacy and security with each other. They are based on 'Hold Me Tight' and the Emotionally Focused Therapy model for adult relationships, considered as the most researched and validated approach for improving relationships.

How does it work?

Each conversation will include four components:

- ~**Teaching:** Presenters will provide information about how each conversation particularly relates to increased intimacy.
- ~**Showing:** Video clips of Dr. Sue Johnson working with three different couples will illustrate the relevance of the conversation and the successful elements of the conversation.
- ~**Practicing:** Each couple will have time alone to have the conversation and support from the presenters if needed.
- ~**Processing:** We will take time to review how it went, and answer questions.

Are you wondering what to say?

The Hold Me Tight™ curriculum is based on a well-researched model of couple therapy (Emotionally Focused Therapy, EFT) that gets to the core of what makes relationships difficult for couples. Our emotions—great gifts for helping us get through the messiness of life—need careful attention. The Hold Me Tight™ weekend will give you a roadmap for digging beneath the surface of your usual fights or distance to see the pattern and change the underlying music of your emotional dance, to help bring you closer together. We'll walk you through the steps and provide guidance for how to talk with each other.

Are you afraid of what may happen if you talk?

Your workshop leaders, experienced couple therapists, will check in during each conversation to see whether you would like a little help. We'll be there to support and assist you if you get stuck, and we'll cheer you on as you experience breakthroughs.



What are the conversations about?

The seven conversations, taken from the book *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson, involve:

- ~ Identifying your reactive patterns (the particular way you and your partner react to each other when you are feeling disconnected and how it negatively impacts your relationship)
- ~ Finding your 'raw spots' (the particular issues that result in your reactive patterns)
- ~ Reviewing your reactive moments from a more compassionate perspective
- ~ Sharing your softer, more vulnerable feelings and needs that are lost when you are in a reactive pattern
- ~ Repairing emotional injuries from past relationship 'ruptures'
- ~ Bonding through touch and sex
- ~ Keeping your love alive ... maintaining closeness over time

Being able to understand this model, seeing it be implemented by other couples, and practicing it with support, has been highly successful in providing a mechanism to continue to practice with your partner throughout life. It will not 'cure' all of your problems, but it will give you a way to address them, for a lifetime of love.

To learn more about this model, begin reading *Hold Me Tight* and watch a brief presentation of it by Dr. Sue Johnson on YouTube: <https://youtu.be/e2CqyUVdQjg>

Workshop Details and Registration

Our HMT couples weekend will take place:

and will be held in the 1st floor conference room
of the Roseridge Offices building
(1611 County Rd B W, Roseville, MN 55113)

Cost: \$525 per couple

Friday 6:30pm-9pm
Saturday 8:30am- 5pm
(Lunch on your own)
Sunday 8:30am- 12pm

Early Bird Discount: \$25 off if you register at least one month before the workshop.

To reserve a spot in the weekend workshop, at least a \$100 deposit must be paid with the registration, with the full amount to be paid before or upon arriving at the weekend. A full refund is available if cancellation occurs 2 weeks before the workshop. After that, we will refund all but the \$100 deposit, which can be credited to a future HMT workshop.

To register: Contact the weekend leaders, Bryan Kingsriter at bryan@mncoupletherapy.com or Bev Stratton at bev@mncoupletherapycenter.com and they will send you a registration form. You can also register online!