

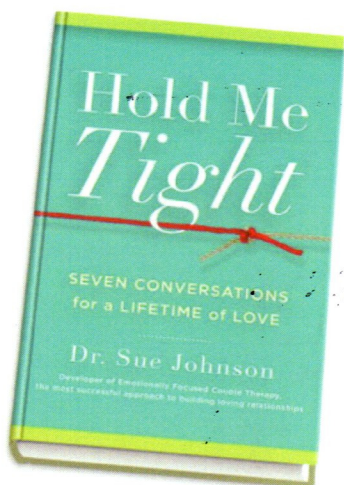
# HOLD ME *TIGHT*

## COUPLES WORKSHOP

SATURDAY OCTOBER 25, 2014

9:00 am- 5:00 pm (lunch on your own)

532 Don Gaspar Avenue



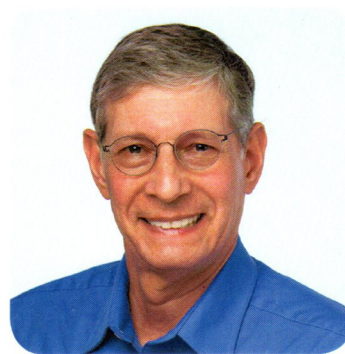
We invite you to attend this one day workshop to learn how to enhance and strengthen emotional intimacy with your partner. Hold Me Tight, as developed by Dr. Sue Johnson, is an internationally recognized educational program for deepening closeness in relationships. You and your partner will learn to identify the most common patterns that lead to conflict and distance in your relationship. Our goal is to help you, when these patterns arise, to have a different kind of conversation – one that leads to greater understanding and connection with each other.

In the HMT workshop, you and your partner will work privately to map out these patterns through structured conversations with each other, supported by the facilitators' guidance.

The experience will include video presentations of actual couples working through their own problems and conflicts using the same kinds of conversations that you will have the opportunity to engage in together. You will also receive instructional take home materials that enable you to revisit and review the workshop experience.

Hold Me Tight is based on attachment research and the empirically supported highly successful method of Emotionally Focused Therapy. To learn more about HMT and EFT, please see the website of Marcelle Grant, LISW at [marcellegrant.com](http://marcellegrant.com) and Sue Johnson, PhD, at [drsuejohnson.com](http://drsuejohnson.com).

This workshop is led by Marcelle Grant, LISW, Certified Emotionally Focused Couples Therapist and Alan Brody, PhD who have been married for over 25 years and psychotherapists for much longer.



**TO REGISTER:** Please call Marcelle Grant at 986-3478 x 2  
**COST:** \$225 per couple, **EARLY REGISTRATION** by SEPTEMBER 25 - \$200.00  
**6 CEU's available for Social Workers and Counselors.**