

HOLD *me* TIGHT

a workshop for couples

Two New Groups Starting at the Lowell Vet Center!

Starting: **May 17, 2017, Wednesdays 5:30-7:30p**, weekly for 8 sessions.

July 14, 2017, Fridays 9:30a-11:30a, weekly for 8 sessions.



Please note that session 1 will be 2.50hrs long. Please plan accordingly.

The **Hold Me Tight® Workshop** was developed by Dr. Sue Johnson. Designed around 7 conversations based on the **Hold Me Tight** book, all of which have been shown to be essential to successful relationships, you will have the opportunity to learn how to understand and improve your relationship.

The Hold Me Tight Program is a 16-hour **educational program** based on the theory and practice of Emotionally Focused Therapy for Couples (EFT) and the book *Hold Me Tight* by Sue Johnson. Couples will strengthen their bond through...

Teaching: Theory and practice of love and the 7 conversations in *Hold Me Tight* by workshop leaders

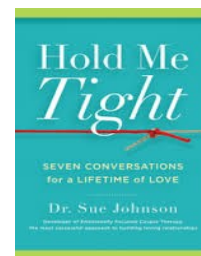
Video clips: Real couples having the conversation

Private couple exercises: Structured around each conversation

Group discussion: Impact of the exercises

Consultation: With experienced couples therapists

Homework assignments: For continued practice of the different conversations



What are the Seven Conversations?

Recognizing Demon Dialogues—Identify negative patterns and hear each other in a different way.

Finding the Raw Spots—Look beyond immediate, impulsive reactions to identify the raw spots underneath.

Revisiting a Rocky Moment—De-escalate conflict and repair rifts to build emotional safety.

Hold Me Tight—Move into being more accessible, emotionally responsive, and deeply engaged with each other.

Forgiving Injuries—Integrate injuries into conversations as demonstrations of renewal and connection. Finding and offering forgiveness empowers couples to strengthen their bond.

Bonding Through Sex and Touch—Find how emotional connection creates great sex, and good sex creates deeper emotional connection.

Keeping Your Love Alive—Make plans to be deliberate and mindful about maintaining connection. Love is a continual process of losing and finding emotional connection.

INFORMATION:

Address: 10 George Street Lowell, MA 01852

How to Join or Questions: Call the Lowell Vet Center at (978) 453-1151 and ask for any group facilitator **Catherine Pfuntner, MFT, CSAC**.

Logistics: This is a couples (dating, engaged, cohabitating, married) workshop. Must be eligible for Vet Center services (combat-theatre deployment, MST, or family members whose loved one died while on active duty).

—All assessments (couples & the Veteran's individual intake) must be completed prior to the start of the workshop. This typically includes two 2-hr sessions. Partner must be available for the couples assessment.

—It is helpful for each partner to have a copy of the book (the blue version shown on flyer).