

Hold Me Tight

A COUPLES RETREAT

**Friday - Sunday
21-23 February
2025**



Our Hold Me Tight® Workshop for Couples is based on Attachment Theory, Emotionally Focused Couples Therapy, and the international best-selling book "Hold Me Tight: Seven Conversations for a Lifetime of Love" by Dr. Sue Johnson.

Hold Me Tight has been shown to help couples:

- Change the negative cycle of repetitive arguments and distancing;
- Understand emotions and needs in romantic relationships and how to create positive, bonding moments;
- Begin to repair old relationship injuries and how to build more trust;
- Learn and practice a new way of communicating with each other that promotes a closer connection.

LOCATION: AIR BNB IN CASCADE, ID

COST: \$1500 PER COUPLE INCLUDES WORKSHOP, FOOD, LODGING; SPOTS ARE LIMITED

CONTACT: MELINDA KASERMAN FOR MORE INFORMATION AT MELINDA@MELINDAKASERMANLLC.COM OR 208.440.5464