

Hold Me Tight® Couples Workshop

Conversations For Connection

"The workshop exceeded my expectations, and I feel like I have a broader toolkit to utilize after completing the workshop. I have a much better understanding of both my partner and myself, and I feel more connected after this experience." - David (Past participant)



Hold Me Tight® & Emotionally Focused Therapy (EFT)

Developed and designed by Dr. Sue Johnson to help couples learn to transform their conflict into connection. By using worksheets, videos of real-life couples, and private opportunities for you and your partner to practice what you're learning, you will begin to change your cycle of interaction from negative and defeating to positive and loving.

90% of couples report significant improvement in their relationship using Emotionally Focused Therapy! To learn more visit www.iceeft.com

In this educational workshop you will learn to:

- Identify patterns that keep you disconnected from your partner.
- Make sense of yours & your partner's emotions in order to be more open and responsive to one another.
- Heal past and present hurts
- Develop effective communication
- Break the cycles of frustration and get "unstuck".
- Create lasting trust and intimacy.
- Deepen your emotional and intimate connection.
- Create a stronger, more loving relationship.



I was truly amazed how much I benefitted! - Joe (Past participant)

Don't delay! Workshops is limited to 4 couples

Mesa, AZ

Nov 18-19, 2022

Fri. 6p - 9p / Sat. 9a - 6p

4435 E. Broadway Rd #3, Mesa (Greenfield / Broadway)

~~**\$750 / Couple**~~

Bonus Offer!

***Book by Nov 4 to receive \$100 off and a free copy of the book "Hold Me Tight"**

\$650 / Couple

Cost Includes:

- Educational Workshop & all Materials
- Separate breakout rooms with privacy to practice and process as a couple
- **Snacks / Appetizers / Drinks Throughout**
- **Lunch provided on Saturday**
- One on one assistance from licenced therapist
- A judgement free space to safely discover emotions
- **Copy of "Hold Me Tight" by Sue Johnson***

To register please call 602-759-0512



East Valley Family Therapy
Healing Through Connection

