



HOLD ME TIGHT *a love workshop*

McLean, Virginia

Facilitated by

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ABOUT THE PROGRAM:

The Hold Me Tight Program is a 16-hour educational program based on Emotionally Focused Couple Therapy (EFT). The complete course is divided into 8 sessions including an introduction and then a session for each of the 7 conversations in the book Hold Me Tight. Each session contains the following elements:

- Teaching of the theory and practice of love and the conversation (20-30 minutes)
- Video clips of real couples having the conversation (~20 minutes)
- Private couple exercises (~30 minutes)
- Group discussion about the impact of the exercises (~20 minutes)

- Consultation with experienced couples therapists (optional)
- Homework assignments

Take this chance to keep your love alive. You deserve it, your partner deserves it, and your relationship deserves it.

create *love*

**SIGN UP ON OUR WEBSITE
OR CONTACT US DIRECTLY.**

www.holdmetightprogram.com

WHAT IS EMOTIONALLY FOCUSED COUPLE THERAPY (EFT)?

EFT has an astounding 70 - 75% success rate and results have been shown to last, even in the face of significant stress. We help you really understand your needs and help you respond to each other. We help you learn about moments when you hurt each other and how you can keep your emotional balance. Then we can show you how to come close and express softer feelings in a way that helps your partner respond. Shaping these moments helps you to build a secure lasting bond, creating space for lasting love, intimacy and romance.

strengthen
your bond

DATES & FEES:

- ***Part I, Conversations 1-4** | October 18-19 | \$325 (before 9/4)
- ***Part II, Conversations 5-7** | November 9 | \$175 (before 10/27)
- **Part I & II** | Spring 2014

*We will be merging with Mount Vernon Family Therapy for these workshops.

THE SEVEN TRANSFORMING 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 couples' conversations as demonstrations of renewal and connection. Knowing how to find and offer 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.

make *love*
last forever