

# Hold Me Tight® Conversations Couples Workshop

Sept. 23-24, 2017

Redondo Beach, CA

## It's All About Connection

It hurts to feel disconnected from your partner. And sometimes the harder you both try to close that distance, the farther apart and more lonely you both feel. Yet you keep using the same ineffective relationship strategies, because you don't know what else to do! Or maybe you just give up.

If yours is like most relationships, ***you're already spending enough time and effort trying to make it work*** — you're just spending it in the wrong way. In this workshop, you will learn how to redirect your efforts and create more connection and intimacy in your relationship.

## You'll Experience How To

**Reconnect** with your partner

**Identify and change** negative cycles that block intimacy and romance

**Make sense** of your own and your partner's emotions

**Better manage** stress and conflict

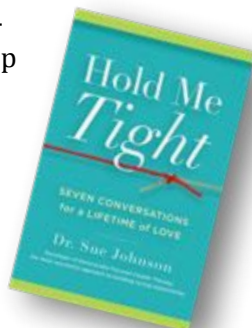
**Restore trust and safety** in your relationship

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*Once you feel securely connected, resolving other issues in the relationship becomes much easier.*

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This internationally-recognized workshop is based on the best-selling book by Dr. Sue Johnson. A copy of the book is included with registration.



All couples are welcome!

## What To Expect

To ensure that each couple receives personal guidance, the workshop is **limited to seven couples**. You will learn about the new science of love and relationships, view videos of real couples being guided through the conversations, and do exercises in private with your partner. **Group participation is optional.**



This is not couples therapy, nor is it just listening to a lecture. It is a relaxed opportunity for you to experience a new way of understanding your relationship and connecting with each other. You and your partner will have opportunities throughout the workshop to try out what you learn in private conversations with each other, with confidential help from the workshop leaders if desired.

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## We'll Provide

Comfortable, relaxed home setting

Maximum 7 couples

14 hours of instruction and assisted private exercises

Continental breakfast both days

Lunch both days

Snacks and beverages

40-page workbook for each participant

Complimentary copy of *Hold Me Tight®*, by Sue Johnson

## Testimonials

***"Amazing experience – incredible approach to strengthening a significant relationship. So glad I was able to attend with my fiancé. Gave us tools to use for a better life."***

***"Surpassed all my expectations. I was worried that bringing up feelings and issues might harm my relationship. But with the tools I learned to use, it felt very safe, and the conversations between my partner and me were well received on both sides and brought us closer together."***

## Workshop Leaders

Betsy Walli is a Licensed Marriage and Family Therapist (85860) in private practice in Hermosa Beach and Seal Beach. Bahar Delaram is a Licensed Marriage and Family Therapist (100486), in private practice in Newport Beach. Both Betsy and Bahar have specialized training in Emotionally Focused Therapy with couples.

## Reserve Your Space

For 14 hours of instruction and assisted private exercises, four meals each, snacks and beverages, two workbooks, and the *Hold Me Tight* book, the cost is \$699 per couple. Your space will be reserved once payment is received. You may pay by cash, check, or credit card, and register online or by phone:

[occounseling.net](http://occounseling.net)

**Betsy 714-584-4447**

**Bahar 714-599-4050**