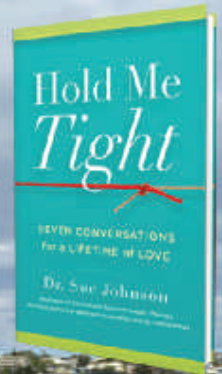




Hold Me Tight[®]

An Essential Couples Workshop



LEARN HOW TO:

- Feel closer to your partner
- Repair broken bonds
- Heal and forgive past hurts and disconnections
- Stop the cycle that keep you apart and alone
- Rediscover the meaning of trust
- Bring back intimacy, sex and love

Hold Me Tight Book, 2 workbooks and a follow up session per couple are included.



REGISTER ONLINE NOW!



May 18-19, 2024 (9 am to 5 pm) - Fullerton, CA

\$640/couple. \$250 due at registration. \$390 due April 27, 2024.

WORKSHOP FEEDBACK FROM COUPLES:



"After two days of learning and experiencing a new way of being together, I could feel us being closer and more responsive to each other. What we experienced was transformational and completely natural for us to use every day. I am so happy!"

"My partner and I debated for weeks whether this workshop was right for us. In the end, we decided to give it a try. The safety and support provided during the workshop helped us reconnect and find a new meaning in our relationship. We did not feel this close to each other for some time. Bravo!"



"It seems that after 30 years of marriage, we should have figured out how to reduce stress in our relationship. What a wonderful experience to finally understand and experience how close we can be and how much we need each other. This workshop provided us with a new paradigm that keeps us connected."



Jack Gershfeld, MA, LMFT
Licensed Marriage Family Therapist

- Certified EFT Therapist
- Clinical Director at Community Mental Health Clinic
- Clinical Supervisor

714-519-3944
office@couplestlc.org

Support Team



Explore and discover what helps couples to build trust, closeness, intimacy, passion and love for each other.

Register at couplestlc.org or call 714-519-3944 (24/7)

680 Langsdorf Drive, Unit 108, Fullerton, CA 92832 Hold Me Tight[®] is a registered trademark of Sue Johnson

Hold Me Tight®

An Essential Couples Workshop

Everyday life is filled with distractions and demands, and technology leaves little room for genuine emotional connection. Yet we long for a deeper, more profound connection that transcends words, a bond that touches the very core of our being.

Imagine a space where hearts speak louder than voices, vulnerability is not a weakness but a strength, and love is not just a word but a living, breathing entity. The Hold Me Tight workshop provides a transformative journey designed to reignite the flame of love, deepen attachment bonds, and heal past hurts' wounds.

Developed by the renowned psychologist Dr. Sue Johnson and led by Jack Gershtfeld, Licensed Marriage and Family Therapist, the Hold Me Tight workshop is a beacon of hope for couples seeking to revitalize their relationship. During the workshop, Jack and his team gently guide participants through enlightening exercises, heartfelt discussions, heart-touching videos, and tender moments of connection.

At the heart of the workshop lies the revolutionary concept of attachment - the innate human need for emotional closeness and security.

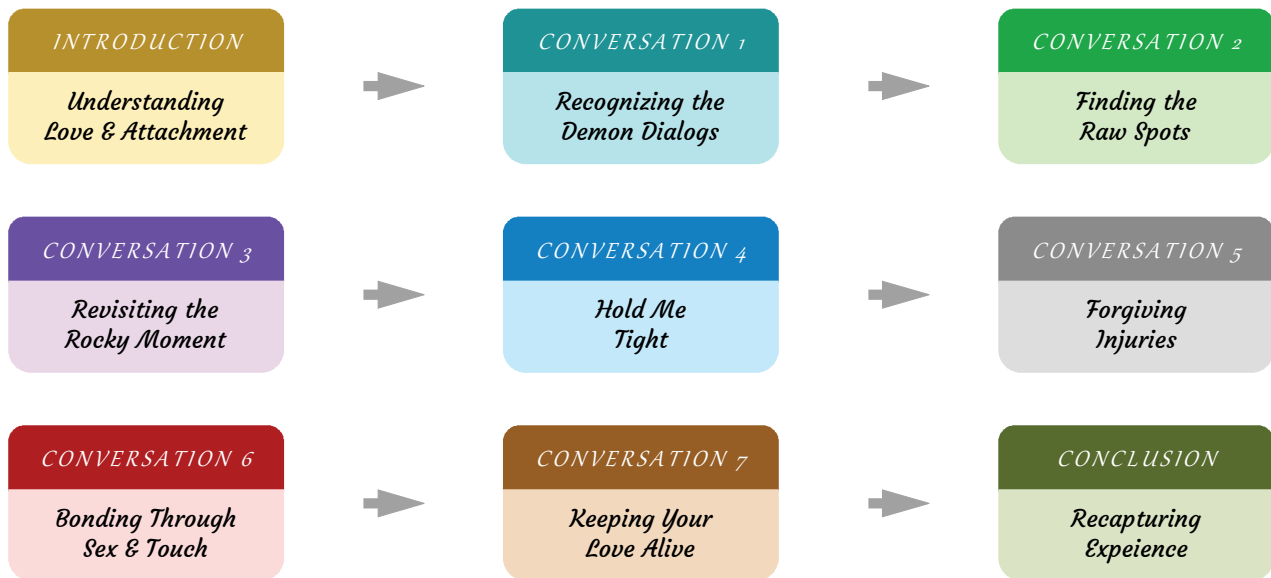
Through experiential learning and compassionate guidance, couples delve into the intricacies of their attachment patterns, unraveling the knots of fear and insecurity that may have entangled their relationship.

Participants are gently encouraged to explore their emotions, express their needs and fears, and listen openly to their partner's desires with each conversation. In this safe and nurturing environment, old wounds are tenderly healed, misunderstandings are resolved, and barriers to intimacy are compassionately dismantled.

The magic of the Hold Me Tight workshop extends far beyond two days. It permeates every aspect of life, infusing relationships with newfound understanding, empathy, and connection. Couples emerge from the workshop with renewed love and the tools and insights to navigate the challenges ahead.

If you yearn for a deeper connection with your partner, long to rediscover the joy of being seen and heard and dream of a relationship that will stand the test of time, then the Hold Me Tight workshop awaits you.

Embark on this transformative journey with your loved one and discover the magic of connection. Your hearts will thank you, and your relationship will flourish in ways you never thought possible.



Hold Me Tight is not couples therapy or just listening to a lecture. It is a relaxed, non-threatening opportunity to experience a new way of understanding your relationship and practice a safe way of connecting. Throughout the workshop, you and your partner will have opportunities to try out what you learn in private conversations, with help from the workshop support team if desired. Group participation is not required.



Couples TLC Counseling, Inc. is a non profit 501(c)3 charity corporation.

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