

# Hold Me Tight® Workshop for Couples

## Wellington – November, 2019



**15 – 17**

**November**

Fri 7:00pm - 9:00pm

Sat 9:30am - 5:00pm

Sun 9:30am - 5:00pm

Venue:

**Wellington CBD**

**Enquiries to Ian**

[wadebrew@actrix.co.nz](mailto:wadebrew@actrix.co.nz)

021 140 7218

**Cost:**

\$580.00 per couple (\$530.00 early bird if paid by 25 October.)

Hold Me Tight® trademark registered to Dr Sue Johnson

### **Hold Me Tight® is an evidence based couples workshop based upon Emotionally Focused Couples Therapy.**

This educational workshop is suitable for couples. It introduces you to leading research on the science of love, adult attachment patterns, the language of emotion and how, as couples, we become the hidden regulators of one another's physiology – the "neural duet".

Through structured conversations you will explore the patterns in your relationship in a private and supported way. These conversations will support you to interact in ways that nourish and deepen your relationship. Each workshop involves a mix of teaching, videos, and conversations that you complete together with your partner.

Is this the workshop for you? View this YouTube clip to hear from men and women who have benefitted.

[www.youtube.com/watch?v=hbp8EI8myI4](http://www.youtube.com/watch?v=hbp8EI8myI4)



Facilitators:

**Marion Wade & Ian Brewer**

We trained in Wellington and California to run Hold Me Tight workshops. We enjoy running them and want to offer others the opportunity to benefit from this experience.

Marion is a counsellor, registered psychotherapist, sex therapist and tertiary educator.

Ian has experience leading adult education programmes including men's support groups and Alternatives to Violence Project weekend workshops. He is a structural engineer.

### **What to expect in the workshop**

While this is a group workshop, the activities are between you and your partner and you are not required to share if you don't wish to.

You can learn how to:

- ✓ Deal with stuck patterns and negative cycles
- ✓ Make sense of your own emotions
- ✓ Learn more about your partner's inner world
- ✓ Overcome loneliness
- ✓ Repair and forgive emotional injuries
- ✓ Deepen your emotional and physical connection
- ✓ Communicate to develop deeper understanding and closeness.