



**VANCOUVER COUPLE  
& FAMILY INSTITUTE**

**VCFI**

*Home of the Vancouver  
Centre for EFT Training*

# “Hold Me Tight”<sup>®</sup> Couples Workshop



**Fall:**

**October 28th and November 18th, 2017**

*Cost: \$650 per couple (CDN Funds)*

**9:00am - 5:00pm**

Suite 270, 828 West 8th Ave.  
Vancouver, BC



**Included!**

Your own copy of “Hold Me Tight”  
by Dr. Susan Johnson

## SEVEN CONVERSATIONS FOR A LIFETIME OF LOVE

These educational workshops are based on Dr. Sue Johnson’s best selling book *“Hold Me Tight”*. This book guides couples through important conversations to help you build greater connection, trust and intimacy. Our workshops will help you and your partner:

1. Better understand how you get caught up in tension and negative patterns,
2. Reclaim your relationship from these patterns of distress that get in the way of intimacy, and
3. Enhance communication and intimacy.

## WHO CAN PARTICIPATE?

*“Hold Me Tight”* workshops are open to couples in which both partners are committed to working on the relationship.

Are you:

- Tired of experiencing so much conflict in your relationship?
- Feeling less connected than you would like to be?
- Hoping this intensive experience may help you shift old patterns?

Relationships that include physical or emotional abuse, or in which one or both partners suffer from significant mental health problems are better supported in couples therapy.

## WHAT TO EXPECT AT THE WORKSHOPS

All participants will be asked to read several chapters from *“Hold Me Tight”* prior to attending the workshops.

During the workshop, you will have an opportunity to:

1. Learn about common relationship challenges and coping styles through brief and engaging presentations from the facilitators.
2. Identify the negative patterns in which you and your partner sometimes get stuck, without blaming each other.
3. Develop new ways of interacting with your partner, to move towards greater connection and security.
4. Learn from video footage of other couples discussing conflicts and struggles that may be familiar to you.
5. Receive support from experienced and caring facilitators.

## HOW TO SIGN UP

Call: **604-677-3286** • Web: **www.vcfi.ca**

**CLICK HERE TO COMPLETE A SECURE INTAKE FORM**

You can also talk to your current individual or couples therapist and ask them to refer you. This can be helpful if they have information to relay to the workshop facilitators.



## FACILITATORS



Dr. Carol Flynn is a Registered Psychologist with over 10 years experience working with individuals, couples and groups. She has conducted research on group psychotherapy and supervises pre and post-doctoral therapists.



Dr. Richard Harrison is a Registered Psychologist and certified Emotionally Focused Couples Therapist and Supervisor. He has over 15 years experience working with individuals, couples, families and groups. He is also an Adjunct Professor in Counselling Psychology and Psychiatry at UBC



Yolanda von Hockauf is a Registered Marriage and Family Therapist and Certified Trainer in Emotionally Focused Couple Therapy. She has been training other therapists in EFT and working with couples for over 30 years. She is passionate about helping couples rediscover or create their most important connection.



Dr. Jennifer Pringle is a Registered Psychologist who has provided Emotionally Focused Therapy to individuals, couples, and groups since 2006. She has also published research literature on dating and marital relationships, and family transitions such as remarriage.



Dr. Rotem Regev is a Registered Psychologist who provides Emotionally Focused Therapy to individuals, couples and groups. She has also published research literature on attachment and family transitions. Rotem is passionate about helping partners feel more in tune with each other and create lasting, positive changes in their relationships.

\* Please note, not all facilitators will be attending the same set of dates.

## WHY A WORKSHOP?

- An opportunity to learn from three experienced therapists and other couples.
- This only requires a one or two-day commitment.
- Group shares the cost of services among several couples.
- Recognize that you are not alone in your relationship struggles and your desire to make changes.

### Day 1

This day we will cover the first 4 “conversations” in **“Hold Me Tight”**. This workshop will help couples to identify their most common negative patterns that lead into conflict and away from connection. You will be supported as you each explore your own “raw spots”, sensitivities that are easily triggered, and share these with your partner. The goal is to help you unite as a team in facing your conflicts and struggles, and to learn new ways to respond to these situations that create greater intimacy and connection.

### Day 2

The second day we will continue to explore conversations 4-7 from **“Hold Me Tight”**. In this workshop, you and your partner will practice conversations that identify your needs more clearly. Couples will work together at being open and responsive. Sex and intimacy will also be addressed. We will end the day by looking at how to keep your love life alive.

**To register call VCFI at  
604-677-3286  
or  
[www.vcfi.ca](http://www.vcfi.ca)**

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