



HOLD ME TIGHT for parents/carers **Summer 2021**

Parenting puts tremendous pressure upon a couples' relationship with one another. **Hold Me Tight** supports committed couples to improve communication and connection with one another.

Those attending may just want to deepen trust and intimacy within their relationship, or they may also be struggling in some way, maybe arguing or growing distant. **Hold Me Tight** is an attachment based programme designed by Sue Johnson to support us to go deeper, building firm foundations needed for our attachment to strengthen so we can thrive and bring our relationships back to life, if we have been struggling.

The workshops are open to all couples in long term, committed relationships, of all races, religious and sexual orientations. It is not suitable for those who are now separated.

Emotional health warning: The **HMT** programme can be a prelude, but not a substitute, for individual or couples' therapy. If you or your partner are experiencing acute relationship distress, serious depression or other mental health difficulties you are advised to seek individual or couples' therapy. For couples therapy Emotionally Focussed Therapy (EFT) is highly recommended.

Dates and times of the 7 sessions :

- Tuesday 15th June 7.30-9pm – Understanding love and attachment
- Tuesday 22nd June 7.30-9pm – Recognising demon dialogues – negative patterns
- Tuesday 29th June 7.30-9pm – Emotional triggers
- Tuesday 6th July 7.30-9pm – Repairing injuries
- Tuesday 13th July 7.30-9pm – Deep engaging and connecting
- Tuesday 20th July 7.30-9pm – Bonding through sex and touch
- Tuesday 27th July 7.30-9pm - Keeping your love alive

Before the commencement of the course it is recommended that you read at least the first four chapters of **Hold Me Tight : Seven conversations for a lifetime of love by Sue Johnson.**

Facilitators: Jenny Peters & John Peters (CONNECTED LIVES)
Louise M Bomber & Jonathan Fordham (TOUCHBASE)

EFT therapists: 2-3 EFT therapists will also be present for additional support during the evenings.

Cost : £299 **per couple**. This includes your manual for the course. All sessions run by ZOOM. Privacy is respected. You will be in your own private breakout room for couple discussions. You can ask an EFT therapist into your breakout room if you need support at any point during your couple discussions.

To book on: Go to EVENTBRITE http://bit.ly/HMT_15Jun21
or contact Jo our Community Lead here at TouchBase for further details: jo@touchbase.org.uk