

Hold Me Tight®

Conversations for Connection

RELATIONSHIP WORKSHOP FOR COUPLES

MELBOURNE

Postponed until further notice

Whether your relationship is in great shape, in serious trouble, or anywhere in between, Hold Me Tight® is a practical and inspiring workshop based on Emotionally Focused Therapy for couples (EFT) developed by Dr Sue Johnson.

Internationally recognised as an effective, evidence-based model for helping couples change their relationship 'dance', this workshop will assist you in creating a secure, loving bond.

For more information about Sue Johnson, EFT & the Hold Me Tight® program, see drsuejohnson.com/books/hold-me-tight



Drawing from attachment theory and the neuroscience of love, we will help you navigate common relationship challenges.

You will learn:

- Where and how couples get stuck in constricting patterns of interaction
- How to communicate in new ways that create safety and heal old hurts
- How to build greater trust, closeness and intimacy

After each presentation you & your partner will practice key conversations designed to increase safety, closeness and connection. You can choose to do this privately or with the skilled support of a facilitator. There is no expectation to share your private relationship experiences with the group.



DETAILS

DATE

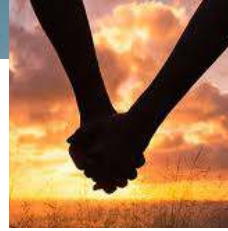
Saturday & Sunday
Postponed until further notice
9.30am to 5.30pm

VENUE

Abbotsford Convent
1 St Heliers Street,
Abbotsford
abbotsfordconvent.com.au

REGISTRATION

Contact Duncan Woodcock: duncanwoodcock@me.com



COST

\$890 Per Couple
\$850 Early Bird

Workshop includes:

- Morning & Afternoon Tea
- Copy of *Hold Me Tight* by Dr Sue Johnson
- Wine & Cheese Gathering (Optional)
Saturday from 5:30pm

FACILITATORS

Truly the best thing we did for ourselves, our marriage and family - wish we could have done this earlier, but now we have the understanding and tools to relate to each other in a better way and are mutually working towards developing a secure and loving bond. Thanks Linda and her team.



LINDA MURROW is an ICEEFT-Certified EFT Couple Therapist & Supervisor, Family Therapist, Educator & Trainer. Linda has over 30 years of clinical experience in various settings, including Family Life, LifeWorks and Relationships Australia as Head of Couple Therapy Training. Originally from New York & Boston, Linda has lived in Melbourne for 30 years and helped develop and lecture in a number of university programs in counselling & psychotherapy, including the Master of Social Science (Couple Counselling) at Swinburne University.

Linda maintains a thriving private practice in Melbourne, and regularly facilitates workshops and retreats for couples. Linda will be assisted by a team of trained EFT couple therapists including:



DUNCAN WOODCOCK is an ICEEFT-trained EFT Couple Therapist with a Master of Counselling and a Master of Business in Leadership and Organisation Dynamics. Duncan is originally from London and has been living in Australia for 36 years. Drawing on his background in theatre, education and psychodynamics, he has a lifelong interest in working experientially with people. In his private practice in Melbourne Duncan sees a diverse range of clients including adolescents, adults and couples, and has experience working with the LGBTQI community.

