

# Hold Me Tight®

**Conversations for Connection**

**RELATIONSHIP WORKSHOP FOR COUPLES**

**MELBOURNE**

**25-26 APRIL, 2020**



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](http://drsuejohnson.com/books/hold-me-tight)



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

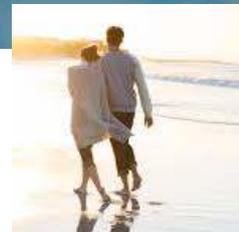
You will learn:

- 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  
25-26 April, 2020  
9.30am to 5.30pm

### VENUE

Abbotsford Convent  
1 St Heliers Street,  
Abbotsford  
[abbotsfordconvent.com.au](http://abbotsfordconvent.com.au)

### REGISTRATION

Contact Duncan Woodcock: [duncanwoodcock@me.com](mailto:duncanwoodcock@me.com)

### COST

\$890 Per Couple  
\$850 Early Bird (On or before 28 March, 2020)

### Workshop includes:

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

## FACILITATOR



*"We really appreciated the work Linda did with us, she dropped in at just the right moments and got us through our stuck places seemingly effortlessly. We came through the weekend feeling in love again, in a way that we had not felt probably for some years."*

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 where she was Head of Couple Therapy Training.

Originally from New York & Boston, Linda has lived in Melbourne for 30 years and has helped develop and lecture in a number of university programs in the field of counselling & psychotherapy, including the Master of Social Science (Couple Counselling) at Swinburne University where she teaches EFT.

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

