“Hold Me Tight®” Couples Workshop

Winter:
Saturday February 29th & Saturday March 7th, 2020
• This workshop will be facilitated by: Dr. Richard Harrison & Rachel Friederichsen

Fall:
Saturday November 7th & Saturday November 21st, 2020
• This workshop will be facilitated by: Dr. Jennifer Pringle & Rachel Friederichsen

Workshops run from 9:00am - 5:00pm
Cost: $675 per couple (CDN Funds)

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

* This workshop is presented by a Registered Psychologist and may be covered by extended health benefit plans. Please inquire for more information.

Both workshops will be held at:
Holiday Inn - 5th Floor Cypress Room
711 West Broadway, Vancouver BC

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 connection.
3. Enhance communication and intimacy.

WHO CAN PARTICIPATE?

“Hold Me Tight®” is a registered trademark to Sue Johnson; 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.
Dr. Richard Harrison is a Registered Psychologist with 25 years of experience working with individuals, couples and groups. She has conducted research on group psychotherapy and supervises pre and post-doctoral therapists.

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. 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 with 25 years of experience working with individuals, couples, and families. He is an Adjunct Professor in Counselling Psychology and Psychiatry at the University of British Columbia and a Certified EFT Therapist and Supervisor. Richard genuinely delights in helping people grow and strengthen their sense of connection in relationships.

Rachel Friederichsen is a Registered Clinical Counsellor specializing in Emotionally Focused Therapy and recovery from interpersonal trauma. She is passionate about helping people develop deep and meaningful relationships.

VERONICA KALLOS-LILLY is a Registered Psychologist, author, and Certified Trainer in Emotionally Focused Therapy. She has worked with individuals, couples and families for over 25 years and finds true enjoyment in helping people to know themselves better and deepen their love 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 identify their most common negative patterns that lead into conflict and away from connection. You will be supported as you work together to 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

Click here to complete a secure intake form