

"HOLD ME TIGHT" weekends

PRICE: 300 Euros per couple

REGISTRATION: by email at emelineoaderccf@gmail.com or phone 06 95 51 66 33

WHAT PARTICIPANTS SAY ABOUT IT:

"Thank you for this amazing week-end and thank you especially for reconnecting me with my wife."

"I came without real high hopes because, we were in crisis. We are leaving with more optimism, with a desire to communicate and to start off on a better footing. Thank you for your warmth, kindness and honesty".

"I leave confident in the future. Thank you! and Bravo! "

"Thank you for these new reading keys that have helped to highlight what is most important and what needs to be "worked on".

"Bravo! A very sensitive way of conducting the workshop with an immense comfort (we were well looked after) which gave us a real possibility to deepen the life of our couple ".

"Everything was perfect for me, I have nothing to complain about, it was great, very soothing, reconnecting! Thank you, thank you very much."

"Thank you for your wonderful welcome! and these new tools that will help us".

THE WEEKEND:

- **WHO:** Emeline LOADER and Blandine Moncorgé are Emotionally Focused Therapy trained Couple and Family Counsellors and their husbands, Paul and Nicolas, who have been through "hold me tight" themselves. They have known each other for over 31 years, and have at least 21 years of marriage, and they know that love, intimacy and connection are to be maintained, and this not without effort. Other therapists will be there to support you.

- **WHAT:** Come and learn with other couples how to break out of your negative interactional cycle (every couple has one), identify the underlying emotions that guide this dance you are caught up in, and experience a new way of interacting that restores security and connection, and improves communication. The tools you will equip yourself with will continue to serve you long after this retreat!

- **WHEN:** A weekend (Saturday 2 and Sunday)

- **WHERE:** in Toulouse (location to be determined depending on the weekend)

THE PRICE COVERS:- A book "HOLD ME TIGHT" and a folder full of useful exercises

- An engaging presentation, facilitators role-playing, and the opportunity for lots of private couple exercises and conversations. Nothing is done in the big group!

- Emeline and Blandine, Paul and Nicolas, as well as other assistant couple therapists (subject to availability) will be there to offer support and guidance as needed.

- Coffee, tea and snacks, as well as two lunches

- Possibility to spend the night in Toulouse (contact us for info)

"Hold Me Tight" is a registered trademark by Dr. Sue Johnson.