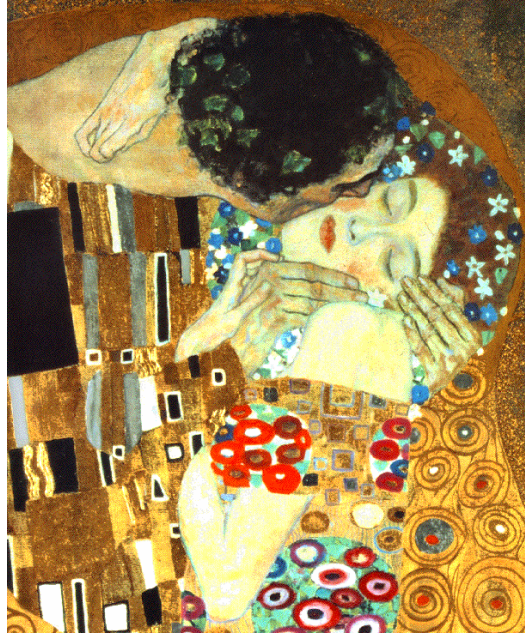


# **Hold Me Tight: Conversations for Connection**

## *Relationship Workshop for Couples*

*Married, unmarried, straight, gay, lesbian - all are welcome*



**New York City—Upper West Side**

**Cost for the workshop is \$400 per couple, payment due upon registration.**

*Possible partial insurance reimbursement for those with out of network coverage.*

*Space is limited to 16 couples*

*Based on the book, Hold Me Tight: Seven Conversations for a Lifetime of Love by Dr. Sue Johnson. Dr. Johnson is the founder of Emotionally-Focused Therapy for Couples (EFT), a short term (8-20 sessions), structured approach to couples therapy formulated in the early 1980's. A substantial body of research outlining the effectiveness of EFT now exists. Research studies find that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements.*

*Led by A. Susan Brenner, LMFT and Stephen McDonnell, LCSW, LMFT. Both are Certified Emotionally Focused Therapists in private practice with extensive training and experience.*

*To register, and for more information, contact:*

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