

HOLD ME TIGHT WORKSHOP

MAY 31 & JUNE 1



Welcome to our Hold Me Tight Workshop! We are so happy that you have found us! Come and make some time for just the **TWO OF YOU!** Have you been feeling really disconnected in your relationship, and need to get back to a place where you felt *understood, loved, valued, cherished and even appreciated?* A place where you were no longer trapped in that same old scary pattern, *but rather felt safe and secure with each other?* In understanding a deeper sense of each other's attachment needs and learning to be able to meet them, you can truly have the relationship you both were meant to have! This weekend is all about you! Come join us!

In warm connection,
Bethany Baker, PhD, LMFT
Lauren Hahn, MA, LMFT



MICHIGAN COMMUNITY
FOR
EMOTIONALLY FOCUSED THERAPY

About Hold Me Tight Workshop

Based on the book by Dr. Sue Johnson, couples engage in the Hold Me Tight Workshop which provides the premier psycho-educational attachment-based program using the substantially evidence-based model of Emotionally Focused Therapy!

Each couple will be invited to participate in the seven conversations of love to help address places where they have become disconnected. These are: Recognizing Demon Dialogues, Finding the Raw Spots in Demon Dialogues, Revisiting a Rocky Moment, Hold Me Tight, Forgiving Injuries, Bonding Through Sex and Love, and Keeping Love Alive.

Your facilitators will guide you through the seven conversations, working toward educating and encouraging each couple to become more accessible, responsive and engaged and to walk away with a better understanding of how to address problems, promote positive change, reconnect and even repair their relationship!

About Our Workshop

What is included:
Engaging and caring facilitators, Bethany & Lauren, who are there for you! ❤️

Friday, May 31st : 1-9pm & Saturday, June 1: 9-5pm

A copy of the Hold Me Tight book and a workbook (for the workshop) created just for you both!

Live, hands-on presentation of materials and videos of REAL couples working through Hold Me Tight exercises!

Private time for you and your partner to have meaningful conversations and do exercises (Please note: All exercises will be done privately. Each couple can choose how or if they want to interact with the group during the educational components of the workshop.)

Additional support from other EFT trained therapists, if needed.

Beverages & Light Snacks Provided (Lunch, Dinner and lodging are on your own!)

About Us

Dr. Bethany Baker is the Co-Founder & President of the Michigan Community For Emotionally Focused Therapy. She is a Licensed Marriage & Family Therapist with a PhD in Psychology specializing in couple and family therapy. She is also a Certified EFT therapist and Supervisor. She specializes in EFT providing community support, teaching and working in her private practice. She and her husband have been together for 26 years and have three kids - 2 of them teenagers!

Lauren Hahn is the Co-Founder & Vice President of the Michigan Community For Emotionally Focused Therapy. She is a Licensed Marriage & Family Therapist. She is also a Certified EFT Therapist and Supervisor-in-training. She holds extensive expertise in treating relationship issues, specializing in couples therapy and strengthening family relationships. She and her husband have been together for 22 years and have two children - one of them - an adorable toddler!

About the area

Welcome! We are honored to host this HMT at the beautiful & state-of-the art facility of **Walsh College (3838 Livernois Road) in Troy, Michigan**. Located in the heart of Oakland County, Michigan with easy access to I-75, I-696 and M-59.

Walsh is just 5 minutes away from Troy's world-class Big Beaver corridor and Somerset Collection. Prime dining, upscale shopping and ample lodging await you! So, take advantage of your lunch and dinner breaks or make a long weekend away out of it!

Cost & Register!

\$1095

- Please send us a paragraph introducing yourselves and a bit about why you are attending the workshop to:
Lauren@MichiganEFT.com

Pay by:
CHECK:

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ANY QUESTIONS? HAPPY TO HELP AND CONNECT WITH YOU!