



Hold Me Tight® Workshop for Couples [Online!](#)
Facilitated by Dr. Regina Bordieri, LMFT

4 Consecutive Sundays from 4pm EST to 6:30pm EST
Sunday, **April 12th**
Sunday, **April 19th**
Sunday, **April 26th**
Sunday, **May 3rd**

The Online Hold Me Tight® workshop helps couples gain a new understanding of one another and develop new patterns of communication. There are group discussions, videos, and structured exercises. We also offer **one-on-one support with an EFT therapist** for each couple during the exercises to make sure no couple is left struggling on their own.

For information about FREE Hold Me Tight® Introductions, to watch a video introduction, or for additional testimonials visit www.onlineholdmetight.com

"This workshop is extraordinary: it is grounded in plausible theory, it is expertly guided, it allows you to share experiences with other couples, it is a safe, nurturing environment for those going through relationship problems, and you leave in better shape and with tools to make further progress. Invaluable."



About Regina Bordieri, PsyD, LMFT, is a licensed marriage and family therapist with advanced training in EFT. She holds both a master's degree and doctoral degree specializing in couple and family therapy. She completed her first EFT training in 2010. In addition to her private practice, Dr. Bordieri teaches and supervises therapists in the practice of marriage and family therapy. She is licensed in New York, New Jersey, and California (LMFT #94641) and a registered telehealth provider in Florida.

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For more info go to OnlineHoldMeTight.com
Email [at info@onlineholdmetight.com](mailto:info@onlineholdmetight.com) or text
Regina Bordieri, PsyD, LMFT at 619-808-8509