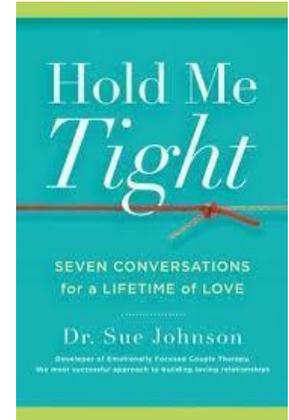


Hold Me Tight® Workshop for Couples Online!

3 Saturdays from 2:30pm to 6:30pm EST
January 29th, February 5th & February 12th 2022

We're excited to be offering our next Online Hold Me Tight® workshop, an ideal way to reconnect with your partner at a reduced rate, all from the comfort of your own home. This groundbreaking psychoeducational workshop is based on research by Dr. Susan Johnson, who developed Emotionally Focused Therapy (EFT). EFT has been validated by numerous studies showing consistently positive outcomes with 90% reporting significant improvements in their relationship.

The workshop includes group discussions, videos, and exercises for couples to help them better understand one another and develop new patterns of communication. Personalized, one-on-one assistance is provided for couples who request help with any of the exercises.



Co-Facilitator: Carolyn McIntyre, LCSW-R, has been providing therapy for individuals and couples for over 25 years. Carolyn took the first EFT couple training, the Extern, in 2011 and became the second Certified Emotionally Focused couple therapist in Brooklyn in 2015. Carolyn has also taken trainings with Drs. John and Julie Gottman.

"Conversations about life situations can be hard when things are going well let alone when times are tough; the Hold Me Tight Workshop facilitates conversations that go above and beyond other counseling sessions we have tried and have made an impact on our hearts."

"This workshop opened up many new ideas and means of communication to me and my partner. With the tools provided, we were able to begin to broach long-avoided difficult conversations and find ways to connect and begin to move closer, rather than letting those topics fester between us and drive us further apart." Zoe C.



Co-Facilitator: Regina Bordieri, PsyD, LMFT, is a licensed marriage and family therapist with advanced training in EFT. She holds 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 both New York and California (LMFT #94641).

[Click to Register Online Now](#)

For more information go to OnlineHoldMeTight.com

Email us at info@onlineholdmetight.com or call us

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