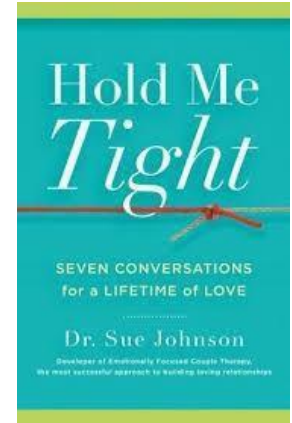


Hold Me Tight® Workshop for Couples Online!

**4 Consecutive Fridays - 5pm to 7:30pm EST
January 17th, 24th, 31st & February 7th**

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.

“The Hold Me Tight Workshop really worked wonders for us. From the very first session we were able to communicate better and feel more like a team against the common enemy of our relationship struggles. We learned many tips and exercises that helped reinforce that feeling throughout and we now have the motivation to go deeper with the work and really be there for each other in a more emotionally connected way. Thank you so much to Carolyn and Regina for this amazing gift!” - Robin & Alex



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 New York, New Jersey, 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

Carolyn McIntyre, LCSW-R at **917-757-6542**

Regina Bordieri, PsyD, LMFT at **619-808-8509**