

Hold Me Tight Weekend Workshop for Couples, Christchurch

When?

14 October, Friday 7 – 9pm.
15 October, Saturday 9 – 5pm.
16 October, Sunday 10 – 5pm.

2016



Facilitators:

Marion Wade & Ian Brewer

We have been together for 30 years and co-parented Ian's three children. We find the Hold Me Tight (HMT) approach helps us understand and support each other better and as a result we have grown closer. We want to offer others the opportunity to benefit from a Hold Me Tight experience.

Ian is a structural engineer who has worked in the construction and maritime industries and as a consultant.

He has a background in adult education including co-facilitation of the Alternatives to Violence Project and men's support groups. He has trained for and co-facilitated HMT workshops.

Marion is a counsellor, registered psychotherapist and trained tertiary educator. She works with couples and individuals; and specializes in sex therapy, trauma recovery and eating disorder psychotherapy. She has trained to provide HMT workshops. Ph: (04) 385 0094 www.marionwade.co.nz



This educational workshop provides practical ways for couples to improve their relationship:

As a participant you will learn about the language of emotion and how to use this language to effectively connect with, and support one another. You will gain an understanding about how your brain influences your behaviour, and how to turn negative cycles of interaction into positive cycles that support and nourish your relationship.

Research & popularity: Emotionally Focussed Therapy (EFT) is one of the few evidence based couples approaches available that has proven its success. Supported by 30 years of ongoing research, EFT reflects the most recent research on the nature of relationship distress, adult love and emotion. This workshop is based on the book *Hold Me Tight* by Canadian Dr Sue Johnson, an internationally recognised expert in healing couple relationships and researcher who developed EFT and the Hold Me Tight workshops.

Is this workshop right for you? View this you tube clip to hear from men and women who have benefitted from this workshop. www.youtube.com/watch?v=hbp8Ei8myI4

HMT Wellington comprises Dr Sarah Hayward, child and family psychologist; Cary Hayward, counsellor in private practice; together with Marion and Ian. We pool our clinical, facilitation and educational resources and expertise to provide quality Hold Me Tight workshops.

Cost: \$490.00 per couple (Early bird until 30 September \$460 per couple)

Venue – Ferrymead



For inquiries & to register for the workshop contact Ian: 021 140 7218, wadebrew@actrix.co.nz