

♥♥ A Valentine's Day workshop! ♥♥



Expanded HOLD ME TIGHT® GHOST RANCH



A dynamic and successful form of relationship therapy with an astounding 75-82% success rate, based on empirically validated research.



The seven conversations that capture the defining moments in a love relationship as explored in Hold Me Tight

“Creating a lifetime of Love, Conversations for Connection”,
by Sue Johnson, Ph.D.

Based on “Emotionally Focussed Therapy”, you will learn why we have conflict in relationships and how to repair and deepen your emotional connection

You will learn & experience how to

- * **Affirm** the strengths in your relationship
- * **Move** out of negative cycles
- * **Understand** clearly each others emotions
- * **Recognize** underlying reasons for conflict
- * **Repair** and forgive new and old injuries
- * **Enhance** emotional closeness
- * **Understand** and feel the power of a secure intimate bond



Offered by:

Elene Johas Teener, LCSW
Certified EFT Therapist,
EFT Supervisor Candidate
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When:

Wed February 8, 2023, 7p-9p
Thu-Sat February 9-11, 2023, 10a-6p
Sunday February 12, 2023, 10a-1p
(with plenty of time for processing and integration)

Where:

Ghost Ranch Conference Center
Abiquiu, New Mexico
www.ghost ranch.org
info@ghost ranch.org
505-685-1000

Call the ranch for payment
information
Lodging and dining included at very
reasonable rates