



Love Makes Sense
'Hold me Tight'[®]
Couples -Workshop
Seven conversations for a lasting
love-relationship

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&
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Claudia and Mikael are
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Therapists educated in
Emotionally Focused Couples
Therapy (EFT) and
Imago Relationship Therapy.
They are a couple since 1985 and are
leading workshops worldwide.



21.-23. June 2019

Freyenthurm-gasse 1/1/1
1140 Vienna

Friday: 3:00 p.m. to 9:00 p.m.
Saturday: 9:30 a.m. to 6:00 p.m.
Sunday: 9:30 a.m. to 3:30 p.m.

Fee: € 440 p. Person

Group-Size: 7 to 8 Couples

Registration:

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Relationships can be a source of creativity and vitality. Sometimes they also trigger stress, pain, and loneliness. In this workshop couples engage in seven conversations that have proven essential for the development of lasting connection and intimate relationships.

7 engaged conversations help you

- Learn more about each other's inner world
- Express feelings and needs in a way that your partner will hear you
- Recognize and change repetitive interaction cycles that frustrate, hurt, and distance you from each other
- Understand the underlying reasons for your conflicts
- Repair and forgive hurtful incidents
- Enhance your emotional connection
- Make room for romance and physical closeness
- Affirm the strengths of your relationship
- Revive your zest of life

The "Love makes sense - Hold Me Tight"[®] Workshop is for all couples who want to actively engage themselves for a happy relationship.

This weekend will be positive, proactive, and FUN! The tools you learn will continue to serve your relationship long after this weekend. We look forward to accompanying you on this adventure!



What really matters in loving relationships ...

Seven conversations for a lasting love-relationship

In our partnership, we long for a source of love that allows us to feel happy, content, and safe and provides us with a sense of belonging. The challenges of everyday life sometimes put our relationship to test. The feelings that we might lose our connection or our relationship is scary for most of us and often leads to insecure behavior such as criticizing or withdrawing that creates more distance rather than closeness.

The "Love makes sense - Hold Me Tight"® couples workshop offers you and your partner the opportunity to engage in conversations in a safe and relaxed setting. This process enhances closeness and helps you recognize and deal with the positive as well as the challenging aspects of your relationship.

During the workshop you engage in seven structured conversations with your partner. We provide short units of theory and show video clips of couples in constructive emotionally engaged dialogues, preparing for your own honest conversations. In feedback rounds, sharing personal experiences is optional.

We assure your privacy during this workshop.

A few "relationship anecdotes" from our own lives and long relationship add lightness and humor.

Love is an activity. To maintain and care for our own connection, we participate in couple seminars almost every year. We visited the "Hold Me Tight"® Workshop in Switzerland and were positively surprised to still discover events during our long relationship that we never talked about before but turned out important for us to address in order to understand each other better. This is why we decided to bring this workshop to Austria.

The feedback after our first workshop was so positive and touching that we scheduled additional "Hold Me Tight"® couples workshops in Vienna in English and German.

Feedback from our workshop participants:

"Before registering for this workshop, I was unsure if I wanted to be in a group, but Claudia and Mikael's welcoming and appreciative approach made me feel very comfortable. I recommend this seminar to every couple - it creates closeness and openness in a protected space." H.A.

"A wonderful workshop for better understanding myself and my partner (even after 10 years) and thus it helped us make room for a more intimate connection." A.I.

"A loving and competently structured workshop that helped us grow in our relationship." F.B.

"Claudia and Mikael created a very focused yet relaxed atmosphere that helped us deepen our relationship." B.C.

"I was able to get to know myself better and our connection has grown. Many thanks to you." S.H.

"At least nine months of couples therapy on one weekend." G.A.

"What we learned this weekend will protect us from numerous possible mutual offenses and grievances in the future." H.M.

"I understood this weekend that to open myself and to show understanding for my partner are the keys to a successful relationship." A.N.

"I realized that when I am connected with my partner, I am connected with myself - with the good in me." G.C.

"This seminar confirmed: Relationship is a human development machine." N.B.

"Eye-opening! Despite our long relationship, I now understand my husband's and my own reactions so much better." H.E.

This Workshop was developed by Canadian couple therapist Dr. Sue Johnson, based on her book: "Hold me tight - Seven Conversations for a Life-time of Love