This is an interactive relational education programme for couples based on the book “Hold Me Tight: Seven Conversations for a Lifetime of Love” by Dr. Sue Johnson, the founder of Emotionally Focused Therapy (EFT) for couples.

This experiential workshop comprises a weekend of short presentations and deeply engaging open-hearted conversations that help couples develop more openness, responsiveness and trust in each other and transform their relationships.

When we can’t connect safely with our partner, we descend into attachment panic due to the fear of losing connection with our beloved. We automatically respond by angry protesting or silent withdrawal - the fight or flight response. The very thing we do to protect our vulnerability triggers our partner’s own reactive protest or withdrawal. This cycle is a “neural duet” between partners - we impact each other both physiologically and emotionally thereby creating a negative feedback loop.

**Workshop Objectives:** You will learn to understand and change the negative relational cycle that keeps you apart and causes conflict. Couples will be facilitated in having conversations that access and soothe the emotions underlying their individual reactions and instead send clear coherent emotional signals of their needs and fears to their partner. They will learn how to respond in a healthy open-hearted way to the signals that are sent to them. Thus couples actively shape a more secure loving bond based on having open intimate dialogues that create new positive cycles of love and connection. This facilitates a transformative healing experience to bring back aliveness, emotional intimacy, physical connection and joy in your relationship.

**Who can attend?** This workshop is open to couples who want to enhance their relationship rather than couples in crisis who need couple therapy. We have a maximum of 10 couples (20 participants) to ensure a safe space for couples to be supported in connecting with each other. Each couple will be given private time as well as support when needed to go through the exercises and process their emotional responses to the shared exercises. As a group we will watch video clips of other couples taking part in Hold Me Tight sessions with Dr. Sue Johnson and share any experiences that emerge from working on the shared couple exercises so we can learn from each other.

**Recommended pre-workshop reading:** “Hold Me Tight”, S. M. Johnson, 2008
Helene Igwebuike is a certified Emotionally Focused Couple Therapist and Supervisor approved by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). Helene uses an integrative model incorporating elements of Person-centred, Systemic Practice, Psychodynamic and Cognitive Behavioural Therapy (CBT), while specialising in Emotionally Focused Therapy (EFT), which focuses on accessing emotions and facilitating heart-to-heart conversations that create a safe and secure relationship. I am passionately committed to helping couples and individuals heal and transform the relationship with them self and their partner by talking, listening and responding to each other in a different way that reconnects and restores emotional closeness, physical intimacy and personal well-being. Helene’s practice is based in London and online Skype sessions.

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An interactive Emotionally Focused Therapy (EFT) relationship education and enhancement workshop

Date: 25th and 26th November 2017.
Location: Florence, PopArment, Via Alfredo Catalani 13.
Time: 10am to 5pm each day with an hour’s lunch break and two 15 minute breaks.
Fee: 400 euros per couple
Registration: register online by our website or write an email to segreteria@isctraining.com

Limited availability: 10 couples only!