

Hold Me Tight Program Relationship Enhancement for Couples



Aegean Island of Paros, Greece
Summer 3-Day Programs in Hold
Me Tight
July 27-29 and August 3-5, 2012
- Language: English -

We are excited to offer 3-Day retreats for couples in the beautiful context of the Aegean, ideal for understanding and enhancing a meaningful relationship.

Through this educational and experiential program you can learn about the science of love and explore ways of strengthening your sense of connection and intimacy with your partner.

The Hold Me Tight Relationship Enhancement Program is based on the book 'Hold Me Tight', by Sue Johnson, the founder of Emotionally Focused Therapy (EFT). <http://www.holdmetight.net>

The key questions for couples in love relationships are:

- *Are you there for me?*
- *Do I matter to you?*
- *Am I enough for you?*

If you already have a pretty good relationship, the Hold Me Tight program will give you the experience and tools you need to ensure a lifetime of love, joy and passion together.

If you have hit some rocky moments, or are feeling trapped in a downward spiral, this workshop can help you turn things around and begin an upward route of closeness and connection.

This is also a great Premarital workshop!

If you are a therapist and are interested in an introduction to EFT and would love to introduce your partner to your world, Hold Me Tight is a great introduction.

Why Attend?

1. You will spend the weekend focused on understanding, repairing, and strengthening your most important relationship - 20 hours of focused time to heal and strengthen your relationship.
You will also have leisure time to be together with your partner and enjoy the Greek island of Paros, embedded in the beauty of the Aegean Sea.
2. You will understand how the actual “science of love”, called attachment theory, works. Understanding how we bond with and stay securely attached to our most important loved ones helps you understand how to love with more fullness, aliveness, presence, and deeper connection.
3. You will be guided by experienced couples therapists, trained and practiced in Emotionally Focused Therapy, the basis for the Hold Me Tight program.
4. You will do meaningful exercises together as a couple in private, after watching video clips of real couples like yourselves doing the same exercises, as well as experience the benefit of being part of a safe and supportive group environment of other couples whose shared goal is to strengthen and heal their relationship.
5. You receive a complete notebook of all Hold Me Tight exercises as take-home materials to keep that allow you to return to any part of the workshop at any time in private and redo, rediscover, and deepen the work you did in the workshop.
6. The investment you make in your relationship will facilitate greater feelings of trust, safety, intimacy, erotic connection, and fun!

Program Overview

In the Hold Me Tight Program you will learn about the science of love and explore the negative cycles in your own relationship. During this program, you will learn to:

- Identify and break the cycles of frustration and loneliness in your relationship
- Make sense of your own emotions and your partner's
- Create lasting trust and intimacy
- Forgive injuries that keep you from really trusting and feeling safe with your partner
- Deepen your romantic and sexual connection

You will participate in guided discussions with the instructors/facilitators and the other group members, and watch demonstration videos to witness other couples learning to recognize and step out of the negative cycles and create a stronger, more loving relationship.

You will practice, through in-class and at-home exercises, seven key

conversations to move you through the negative cycles that keep you stuck. With practice, you and your partner can become more accessible, emotionally responsive and engaged with one another.

Seven Transforming Conversations:

Recognizing Demon Dialogues—In this first conversation, couples identify negative and destructive remarks in order to get to the root of the problem and figure out what each of you is really trying to say.

Finding the Raw Spots—Here, each partner learns to look beyond immediate, impulsive reactions to figure out what emotional raw spots are being hit.

Revisiting a Rocky Moment—This conversation provides a platform for de-escalating conflict and repairing rifts in a relationship and building emotional safety.

Hold Me Tight—This conversation, the ‘heart of the program’, moves partners into being more accessible, emotionally responsive, and deeply engaged with each other.

Forgiving Injuries—Injuries may be forgiven but they never disappear. Instead, they need to become integrated into couples’ conversations as demonstrations of renewal and connection. Knowing how to find and offer forgiveness empowers couples to strengthen their bond.

Bonding Through Sex and Touch— In this conversation, couples find how emotional connection creates great sex, and good sex creates deeper emotional connection.

Keeping Your Love Alive—This last conversation is built on the understanding that love is a continual process of losing and finding emotional connection; it asks couples to be deliberate and mindful about maintaining connection.

The Message of this Program

Forget about learning how to argue better, analyzing your early childhood, making grand romantic gestures, or experimenting with new sexual positions. Instead, accept that like all mammals we need to feel safety and belonging in order to experience the joys of a passionate, respectful partnership. We really do need and depend on our partner for nurturing, soothing, and protection...even as adults.

In these three days you will learn how to create safety and belonging with each other so that love and passion can flourish.

All couples need a little help along the way - the HMT Program is here to help. Join these relationship experts as they guide you through your three day relationship experience (for more information please click on their names):

Kyriaki Polychroni, Alexandra Dimitradou, Ioanna Koukou, Pola Pavlopoulou, Nikos Spiliopoulos and Anastasia Vlahogeorgaki

Dates and Times

The summer programs will be conducted twice in 2012:

July 27-29th and August 3-5, 2012

[Click here](#) for further details on session dates and times.

Program Cost and Payment

The total cost for the program, including all handouts and supplementary materials, is 600 Euro per couple.

Included are coffee/refreshment breaks and a light lunch.

Discount fee:

500 Euro per couple if the total is paid in full and received by the Early Bird Date - July 1st, 2012. (no exceptions, please).

We accept cash at our Athens office or bank transfers (in euro funds).

Payment can be made in 2 installments, but payment in full must be received prior to the start date of the program to guarantee your place in the program.

If paying by bank transfer, please make payable to:

Name: Kyriaki Protopsalti-Polychroni

Bank Identifier Code: EFG BGRAA

Eurobank: 0026-0201-91-0200504847

IBAN GR: 8702602010000910200504847

* Please ask that your full name be included on the transfer along with the word 'HMT' as a note so that we can confirm the deposit.

*After the bank transfer, you must complete your registration by sending us your details (name, address, e-mail, cell phone number and the date-bankname-number of bank transfer).
E-mail: info@eft.net.gr and k_polychroni@otenet.gr
Fax: +30-210-6898438

* Places will fill quickly as we limit the number of couples to ensure quality attention to each couple.

Location

All program sessions will be held at the Paros Centre for HMT Programs, a complex in the quiet surroundings of Isterni, close to the fishing village Ambela, near Naousa.

Insert photos

Travel

The island of Paros is reached by both air and sea.

Flights: leave from Athens by Olympic Air <http://www.olympicair.com>

Boats: leave from Piraeus Port (outside Athens)

- Blue Star Ferries <http://www.bluestarferries.gr>
- High Speed <http://www.hellenicseaways.gr>

Accommodation

[Click here](#) for a listing of nearby hotels with the special prices for your accommodation. When booking your reservation, you should mention that you are a member of the 'Hold Me Tight Group' so as to secure these prices.

Program Requirements

All participants are requested to:

- Purchase a copy of Hold Me Tight: Seven Conversations for a Lifetime of Love, by Dr. Sue Johnson.
- It is recommended that you read the book in its entirety prior to the start of the program.
- Complete the [Registration Form](#)

Cancellation/Refund Policy

If you must cancel your enrollment prior to the start of the program for any reason, we will refund you the full cost of tuition, minus a 25 Euro administrative fee. There are no refunds for cancellations beyond the start date of the program, because we cannot give your spot to another participant that time.

For more information, please [contact us](#).

Note: This program is not therapy. It is educational, experiential in nature and is designed for relationship enhancement. If you are experiencing intense relationship distress, it is better to seek personal couple therapy from a couple's therapist in your community. If you are uncertain about whether to join the program or seek therapy, feel free to speak with us first.

[Register Now](#)