Created for Connection®: A *Hold Me Tight*® Workshop for Christian Couples

October 19-20, 2018 – Fresno, CA

"Romantic love is all about attachment and emotional bonding. It is all about our wired-in need to have someone to depend on, a loved one who can offer reliable emotional connection and comfort. Love is not the icing on the cake of life. It is a basic primary need, like oxygen or water. Once we understand and accept this, we can more easily get to the heart of relationship problems." – Sue Johnson

The goal of this workshop is to help couples repair, enhance, and continually grow the connection in their love relationship. No matter the stage of your relationship, this workshop will teach you and your spouse how to connect emotionally to create the relationship of your dreams.

- Learn what drives distress and distance
- Understand the logic of emotions
- Identify, recognize, and stop that negative repetitive pattern
- Create safety so you can complete conversations
- Recover, repair and forgive emotional injuries

THIS MARRIAGE WORKSHOP IS FOR:

Couples Who Used to Feel Close and Connected and are not sure how to get back to that way of relating to one another.

Dating or Newlywed Couples looking to build good habits and a strong foundation for the future.

Long-Term Couples who feels stuck or not at their best.

Couples who Need a Little Maintenance and want to continue to build-on and encourage a thriving relationship.

*Created for Connection workshops are not for couples in extreme distress; this would include current abuse, active addiction, or current/ongoing infidelity.

This couples' workshop consists of seven sessions over the two days. This educational program is based on the theory and practice of Sue Johnson's Emotionally Focused Couples Therapy (EFT). It follows the format of her books, *Created for Connection* and *Hold Me Tight: Seven Conversations for a Lifetime of Love.*

The workshop consists of facilitated conversations, video presentations, guided exercises, and "one-on-one" discussions, to help couples reconnect and transform their relationships. The workshop is centered around seven experiential private couple breakout sessions. Couples will be able to work with each other and practice material learned with as much assistance from facilitators as is comfortable. There is no pressure to share with the group, and all practice work will be with your partner.

Dates and Schedule:
   Friday, October 19th: 6:00pm - 9:30pm
   - Understanding Love and Attachment – Introduction
   - Recognizing the Demon Dialogues – How Love Goes Wrong
   Saturday, October 20th: 8:30am – 5:30pm
   - Finding the Raw Spots – Identify stuck points and begin to make sense of your own and your partner's emotions and needs
   - Revisiting a Rocky Moment – Learn how to talk about hurts and repair rifts in your relationship
   - Hold Me Tight/Engaging and Connecting – Communicate to develop deeper understanding and closeness
   - Forgiving Injuries – Learn how to repair and forgive emotional injuries
   - Keeping Your Love Alive – Create rituals and care for your relationship

Note: It is recommended that you obtain and read either *Hold Me Tight: Seven Conversations for a Lifetime of Love* or *Created for Connection: The "Hold Me Tight Guide" for Christian Couples* prior to the weekend.

Location: Link Care Center, 1734 W. Shaw Ave., Fresno, CA 93711

Cost: $250 per couple
   - Light refreshments provided
   - Saturday lunch not included

Facilitators: Annie Fujikawa, PhD and Cheryl Dueck Smith, DArts

Annie and Cheryl are clinicians and educators with a passion for seeing marriages thrive. They both teach at Fresno Pacific University and Biblical Seminary and are licensed clinicians at Link Care Center. Both have received Advanced training in Emotionally Focused Couples Therapy (EFT) and Cheryl is a certified EFT Therapist.

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ATTENDANCE IS LIMITED TO 16 COUPLES.
Register today!

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*Contact Cheryl (*cherylsmith@linkcare.org*) if you want to learn of future workshops or to bring this transformational couples workshop to your church or organization.*