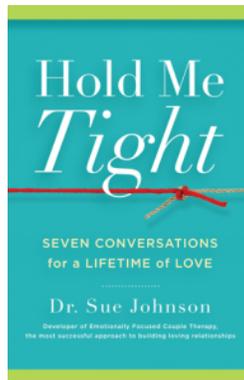
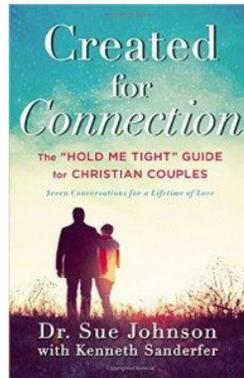


CREATED FOR CONNECTION®: A HOLD ME TIGHT® WORKSHOP FOR CHRISTIAN COUPLES

April 27-29, 2018 – Fresno, CA

Cost: \$300 per couple



"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

Psalm 119:76-77 (The Message)

Oh, love me—and right now!—hold me tight!

just the way you promised.

Now comfort me so I can live, really live;

your revelation is the tune I dance to.

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
- Enhance your sexual intimacy

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.

This couples' workshop consists of eight sessions over the three 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*.

Friday

- Understanding Love and Attachment – Introduction
- Recognizing the Demon Dialogues – How Love Goes Wrong

Saturday

- 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

Sunday

- Bonding through Sex and Touch – Deepen your emotional and physical connection
- 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.

Dates and Times:

- Friday, April 27th: 6:00-9:30
- Saturday, April 28th: 8:30-5:00
- Sunday, April 29th: 1:30-5:00

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

Cost: \$300 per couple

- Light refreshments provided
- Saturday lunch not included

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

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. They have received Advanced training in Emotionally Focused Couples Therapy (EFT).

ATTENDANCE IS LIMITED TO 16 COUPLES.

Register today:

<https://linkcare.kindful.com/register/created-for-connection>