



"There is an inherent, universal need in human beings for a safe haven relationship where a loved one is experienced as emotionally accessible & responsive so that this person can be depended upon."

Sue Johnson

Description of Hold Me Tight couples retreat:

Spend two days with us learning and connecting in the Hold Me Tight Workshop and learn how to breathe new life into your marriage!

This workshop is built around Dr. Sue Johnson's best selling book, "Hold Me Tight," which teaches couples how to go beyond learning a few communication skills, but actually teaches couples how to rebuild the bond that brought them together. Her approach, called Emotionally Focused Therapy (EFT) is receiving recognition for it's over 75% couples success rate.

- Better Understand & Experience Romantic Love
- Understand your common arguments and why they repeat
- Stop arguments and stay in important conversations
- Increase attunement to you and your partner's emotional responses and needs, so you can control some of the negative patterns and be able to create positive connection.
- Learn how emotional intimacy is a foundation for a better physical relationship.
- Develop safety and vulnerability so you can enjoy passion and comfort in each others arms
- Develop attitudes and learn tools that support personal and marital growth

In this workshop, we help couples learn how to understand each other's emotions, reach toward each other, and respond in more positive ways.

The good news is that long after this weekend is over, you'll be able to use these tools to keep your relationship strong!

Date: Friday June 12th 2:00-8:00, Saturday June 13th 9:00-5:00

Location: Aspire Recovery Center,
8380 Warren Parkway, #602 Frisco TX 75034

Cost: \$450 early bird special by May 30th. After June 1st \$500.

Meals: Friday Dinner, Saturday Lunch and snacks are included in the workshop. You can read more about the workshop at:

www.northdallasfamilycounseling.com

"In love, you don't need to be rich or smart or talented—you just have to be there!" Robert Karen

Hold Me Tight Couples Retreat

Offered 2-3 times yr.
Friday 2-8 pm and
Sat 9-5pm

Aspire Recovery
Center, Frisco TX

Great Opportunity to
Enrich your
Marriage

CENTER FOR MARRIAGE & FAMILY COUNSELING

8380 Warren Pkwy, #602
Frisco, TX 75034

214-250-7808 to register

and learn next start date.



“At last a road map through Emotionally Focused Couple Therapy with its creator. Dr. Johnson’s superb science, humor, and clinical wisdom are finally accessible to all of us. I couldn’t pick a smarter, warmer and more real guide for this journey.” – John Gottman, PhD, bestselling author of ***The Seven Principles for Making Marriage***

Presenters:



Shane Adamson I believe that people are innately good. Sometimes good people struggle with very complex personal or relationship problems. My 20 years of experience combined with my education has prepared me with a skill set to help people find strength and solutions to heal complex problems, addiction and mental healthy issues, and improve relationships. I also enjoy running groups which provides clients support from others with similar struggles. I love working with individuals and couples in the therapy process. Therapy becomes a sacred place of discovery and healing as clients feels safe to explore and learn through both struggles and successes. When I am not working, I enjoy date nights with my wife, family outings, or a good book or movie. Shane also loves the great outdoors, volunteering in church or community, and photography.

Qualifications/ Specialties include: Masters in Social Work degree from University of Utah, Bachelors degree from BYU in Family Science, 20 years of clinical experience and program development. 7 years experience and training in sex addiction treatment through the LifeSTAR network. 6yrs of advanced training in EFT- an attachment oriented therapy designed to help couples understand why they disconnect and provide solutions for them to enjoy more intimacy and deeper connection in marriage



Karen Stone Karen received her Master's of Science from Texas Woman's University in Family Therapy, is a Licensed Marriage and Family Therapist and is also a Licensed Chemical Dependency Counselor. Her clinical experience includes providing family therapy at a residential facility for adjudicated juveniles, family therapy and EMDR at an adult residential treatment center. Currently she is facilitating a LifeSTAR group for spouses. She also received training to implement the Daring Way™ program which is designed to help those struggling with low self-esteem and shame issues

Karen trained in EMDR. She has also received training from LifeStar treating people with sexual addiction and working with the spouses, and has additional couples training in John Gottman’s materials. When not working Karen enjoys relaxing by painting, reading, and spending time with her family.