

ANGELAFX

Psychologist. Couple & Family Therapy



# HOLD ME TIGHT WORKSHOP

WORKSHOP  
INFO

BASED ON THE BOOK, "HOLD ME TIGHT" BY DR SUE JOHNSON PHD

*EFT is based on 50 years of research into human bonding and 30 years of research from our lab into helping couples connect and thrive. We really don't have to simply fall in and out of love anymore. We now have a map to the territory called love and we can empower couples by showing them new systematic ways to take control of dances of disconnection and conflict and, even more important, help each other move into the open close embrace that is a secure loving bond – Dr Sue Johnson*

## COUPLES WEEKEND WORKSHOP

**Date & Time:**

**Venue:**

**Cost:**

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**EFT is:**

- Applauded by the New York Times and Time as the couples therapy with the highest rate of success,
- Recognised by the American Psychological Association as empirically proven,
- Proven by research studies to be successful with 70-75% of couples with 86% showing significant improvement. And results are long-lasting.

The principles of *Emotionally Focussed Therapy* are experientially discovered in the **Hold Me Tight** Workshop. According to this approach, successful relationships are not maintained primarily by learning to fight less or better, deciphering childhood, trying out new sexual positions, or being romantic. *EFT* is so successful primarily because of its focus on a relationship as an attachment bond. The key to a successful relationship is for partners to understand and accept how dependent they are on each other for emotional support (in much the same way as a child is dependent on a parent for nurturing, comfort and emotional security) and to learn how to create and maintain a secure and loving bond with each other. The pivotal questions in this approach are: *Are you there for me? Do you value me?* In the **Hold Me Tight** workshop, couples will participate in seven conversations that have been identified to promote healthy, loving adult relationships. Through these conversations, couples begin to shape a secure and lasting bond with each other.

The EFT workshop fast tracks couples, offering them a vast amount of condensed knowledge and experience that the couple therapist cannot offer in limited session times. The fee of the workshop equates to approx. five hours of therapy but its value is equivalent to months of weekly therapy sessions. It is not intended as a replacement for private therapy but lays an excellent foundation for couples to build upon.

### THIS WORKSHOP IS FOR YOU IF YOU ARE:

- » in a good relationship and want to deepen your intimacy
- » considering divorce or separation
- » at the start of a relationship you want to keep
- » stuck in repetitive patterns or conflict that seems unresolvable
- » committed to your relationship and want to create change
- » wanting to create a healthy, loving family life and understand that the quality of your relationship affects your children's emotional health and their future relationships

### YOU WILL LEARN:

- » the real reasons why you repeatedly struggle with the same issues
- » how to change the patterns that cause hurt, anger and frustration
- » to identify the negative cycle you both get stuck in
- » how to stop the cycle of disconnection between you
- » to identify your raw spots (emotional triggers) and how these affect the relationship
- » the importance of forgiveness of injuries so that closeness can be regained
- » how to be accessible, responsive and engaged with your partner
- » the importance of bonding through sex and touch
- » how to keep your love alive.

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*Confidentiality is respected and maintained throughout the workshop. While this work is conducted in groups, it is not group therapy. The work on the relationship during the workshop is private and is completed with your partner. The workshop is a confidential process that incorporates presentations by the workshop facilitator, videos, private exercises and conversations that you will have with your partner as well as video demonstrations of other couples. Any sharing with the group participants is voluntary and would be limited predominantly to feedback times.*



## ABOUT THE PRESENTER

Angela Fox is a registered, practicing psychologist. She has been in practice since 2003 (taking a recent sabbatical), having previously worked as a teacher and corporate trainer in South Africa and internationally. Her main focal area in her practice is bringing healing to people's relationships with others and within themselves. She specialises as a couple and family therapist. Her passion for psychology has been lifelong. She lives in Cape Town and is married with two children. Her husband, Darren Fox, assists at her workshops.

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### FEE:

The workshop fee includes tuition, workshop manuals and tea/coffee breaks and does not include meals or accommodation.

### CANCELLATION POLICY:

Space is limited and will be on a first come first served basis. A minimum number of couples is necessary in order to run a workshop. Should this not be possible, then the full amount will be refunded. Your registration is fully refundable up to 2 weeks prior to the workshop date. After 14 days, prior to the workshop date, your workshop fee will be transferred to another workshop. If you do not attend the workshop on the day, a 50% transfer fee will be applied.

### TO BOOK:

Visit [www.angelafox.co.za](http://www.angelafox.co.za), click on [Workshops](#). Scroll down to the *Hold Me Tight Workshop* and click on the Registration Form. Download and fill in the Registration Form and email it to [therapy@angelafox.co.za](mailto:therapy@angelafox.co.za) Call **082 670 8399** if you have any queries.

## FEEDBACK FROM PREVIOUS WORKSHOPS:

Angela is truly gifted and guides participants in dealing with highly emotional states of mind and relationship issues. I attribute the hope she has created to her abilities and techniques – *Wilf*

Angela facilitated beautifully without any judgement. She allowed ample time for processes to be completed and she created a very safe place for us. Professional, well-prepared - a fantastic facilitator – *Lyndsay*

Angela is a very supportive and encouraging person. It's awesome that she's impartial yet also feels like she speaks for you. She has an amazing ability to just listen & you feel much better already! Thank you!! – *Susan*

Angela holds a wonderful space for couples to feel safe & connect with the content. She is well-informed; very good at being a mirror and allowed adequate time for everyone to participate. She made a point of drawing everyone in so they felt included - *Nevashnee*

Angela Fox is highly knowledgeable on the subject and her personal experiences with couples gave me hope that it works in the real world. Great listener and lecturer – *Thabiso*

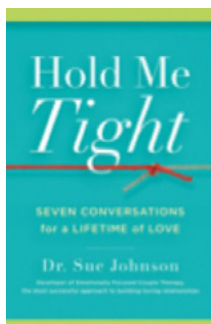
As always Angela, you are warm and easy to chat to. You provide a safe and comfortable space and are always warm and inviting. Sharing your personal stories let me know that you have gone through similar challenges and that if I apply the methods, they can work. Speaking from a place of experience always helps – *Anon*

Recommended for all couples. Knowledgeable and experienced – *Shane*

Angela is loving and so connected with the issues that are discussed. Awesome – *Eurika*

Angela was sensitive and attentive to everyone's feelings and managed the dialogues well – *Andrew*

An eye-opener! Angela is well-prepared and uses the tools herself, giving us personal examples – *Soul*



**Video - Love Sense - from infant to adult**

