



## CREATED FOR CONNECTION

### The “Hold Me Tight” workshop for Christian couples

**Do you want to enrich your relationship?** Are you struggling to see what made you fall in love with your partner? Are you walking on eggshells to avoid fights? Do you yearn to incorporate God’s love into your relationship?

**Created for Connection** is a relationship-enhancement program for Christian couples. It is based on Emotionally Focused Couple Therapy (EFT) and the work of Dr. Sue Johnson, an internationally recognized couples researcher and therapist, and author of the best-selling books *Hold Me Tight* and *Love Sense*.

**Format.** This 2-day workshop will take couples through seven essential conversations that are designed to help them strengthen their emotional bond, as a reflection of God’s love to them. Through presentations, video examples, group discussion, and private couple exercises supported by the facilitator, couples will learn how to address negative patterns, respond to each other’s needs in a loving way, increase emotional and physical intimacy, and even forgive injuries. In group discussions, your sharing is always optional.

Couples will learn how to move from fights, frustration and loneliness to security, emotional safety and connection, and lasting relationship satisfaction.

**When:** 9 AM to 5 PM on Friday March 9<sup>th</sup> and Saturday March 10<sup>th</sup>

**Where:** Samaritan Center of Puget Sound  
564 NE Ravenna Blvd  
Seattle, WA 98115

**Cost:** **\$640 per couple. \$590 if you register by February 24**  
*Printed materials and light refreshments provided*

**Facilitators:** Eric Stroo LMHC, Adv. EFT training, Episcopal Deacon  
Tita Subercaseaux LMFT, Certified EFT Therapist and Supervisor, Catholic.

**Registration:**

[Register online](#) or call 206-527-2266 (ask for the registrar)

**Questions?** Feel free to contact either of us...

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