

in English

Hold Me Tight®
Retreat for Couples
in Greece
Aegean Island of Paros



Friday 25th – Sunday 27th, August 2017



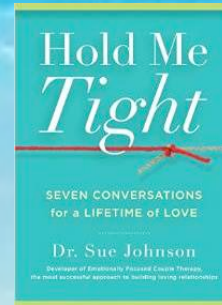
Program Facilitators:

Kyriaki Polychroni, M.A., C.G.P., E.C.P.
*EFT Therapist/Supervisor and Trainer,
Family Therapist*



and

Alexandra Dimitriadou, M.Sc.
EFT Therapist, Family Therapist



**Based on the
Best-selling Book
by
Dr. Sue Johnson**

This workshop will help you:

- find new ways to connect with your partner and get unstuck from negative cycles of frustration and pain
- increase trust and deepen your intimate connection on the emotional and physical level
- begin to heal relationship wounds and forgive injuries
- learn to communicate in ways that promote better understanding and acceptance

Who should attend:

- * Couples who want to improve and enhance their relationship
- * Therapists who want to learn through enriching their own relationship and start their own "Hold Me Tight" Groups

What: a psycho-educational workshop comprising presentations, experiential exercises and opportunities for private conversations with your partner

Fees: 400 Euro, including teaching materials and a copy of "Hold Me Tight" by Sue Johnson

**For more information re travel,
accommodation and registration
contact us at info@eft.net.gr**

Enjoy Beautiful Paros...

The jewel of the Aegean with its turquoise waters and sandy beaches. Ideal get-away for couples and families. Extraordinary architecture with whitewashed "sugar" houses, cobble stone streets and blue-domed churches.

