

Created for *Connection*

**The HOLD ME TIGHT® PROGRAM
for CHRISTIAN COUPLES**

**Facilitator's Guide
for Small Groups**



Dr. Sue Johnson
with Kenneth Sanderfer

www.iceeft.com

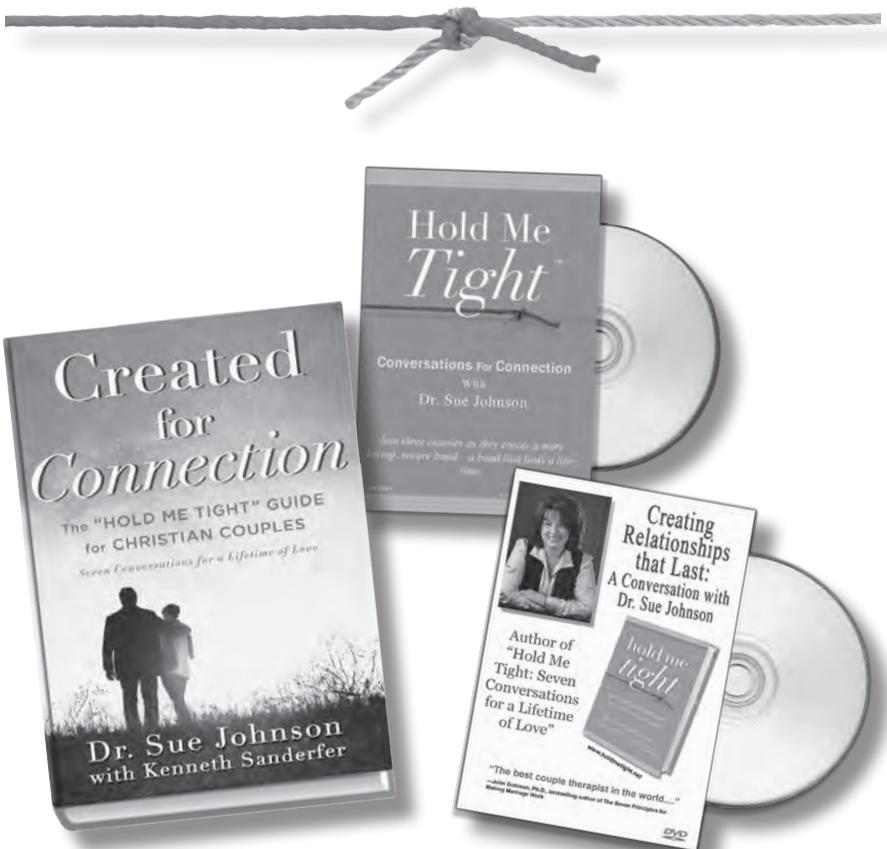
To be used in conjunction with:

The book, ***Created for Connection: The "Hold Me Tight" Guide for Christian Couples***, 2016; Little, Brown and Company, www.dr.suejohnson.com

The two DVD set, ***Hold Me Tight: Conversations for Connection***

The DVD, ***Creating Relationships that Last: A Conversation with Dr. Sue Johnson for Facilitators***.

The CD accompanying this guide book (inserted at back).



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The HOLD ME TIGHT® PROGRAM for CHRISTIAN COUPLES

A Relationship Education & Enhancement Workshop

Facilitator's Guide for Small Groups

By Dr. Sue Johnson with Kenneth Sanderfer

Creating Connection Seminars®

This program is a relationship education and enhancement program offered under the auspices of ICEEFT, the International Centre for Excellence in Emotionally Focused Therapy, a Canadian non-profit organization.

The ICEEFT Mission:

ICEEFT serves as a centre of excellence for the promotion of secure, resilient individuals and successful relationships between partners and within families. Our mission includes the further expansion and refinement of the Emotionally Focused Therapy (EFT) model through process and outcome research. Another central aspect of our mission is to educate health professionals and to increase public awareness about the efficacy of EFT and its role in strengthening relationship bonds.



**International Center for Excellence in
Emotionally Focused Therapy**

Contact Information:

#201-1869 Carling Ave.,
Ottawa, Ontario, Canada, K2A 1E6

Email: info@iceeft.com

Websites: www.iceeft.com www.drsuejohnson.com

For a complete list of ICEEFT-Affiliated EFT Centers,
ICEEFT-Affiliated EFT Communities and other ICEEFT-Affiliated
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Contents of Enclosed CD

PowerPoint Slides

Please note that this is a PowerPoint presentation in a jpg slide show format, ie. one jpg image file for each slide in the presentation, intended to be run as a slide show in a photo viewing software program.

Slide Show Viewing Instructions.pdf

Release Form.pdf

In-Class Handouts (pdf files):

- In-Class Exercise for Introductory Session
- In-Class Exercise for Session I
- In-Class Exercise for Session II
- In-Class Transcript for Session III
- In-Class Exercise for Session III
- In-Class Exercise for Session IV
- In-Class Exercise for Session V
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Homework Exercises (pdf files):

- Homework Exercise for Introductory Session
- Homework Exercise for Session I
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- Beyond Session VII: Keeping Your Love Alive

Flyer Template (MSWord document)

Preamble

Created for Connection: The Hold Me Tight® Program for Christian Couples is an 8 session (two hours each session) educational program based on the theory and practice of Emotionally Focused Couples Therapy (EFT). The first session focuses on the new science of love and what it teaches us, and how this science fits perfectly with the teachings of scripture. When it comes to romantic love, ***science and faith are singing the same song***. The next seven sessions focus on helping couples shape and use the seven conversations laid out in the book *Created for Connection*.

EFT is an empirically tested model of couple therapy that has shown excellent outcomes with many different kinds of couples. There is also follow-up research that demonstrates the lasting effects of EFT interventions and research on precisely how change occurs in this approach. The practice of EFT reflects the many studies of adult attachment theory — an empirically based perspective that forms the basis for the emerging science of love and loving. Over the last two decades, EFT has developed as a systematic and powerfully effective approach to reducing relationship distress and helping couples to create trust and intimacy. The ultimate goal in EFT is to enable partners to not only reduce conflict and distance but to shape their relationship into a more loving secure bond. EFT is the first couple therapy to be based on a well defined and tested understanding of adult love. It has also shown positive results with couples who are dealing with particularly difficult problems, such as where partners are trauma survivors, are caring for a chronically ill child, or are struggling with depression as well as relationship distress.

EFT views the central problem in a distressed relationship as the loss of secure emotional connection and the pattern of negative interactions that both reflects and perpetuates this loss. Compelling emotional signals that are meant to pull a partner closer or reduce conflict become distorted and shaded with criticism, anger or apparent indifference. Negative spirals of interaction

then erode trust and continually exacerbate each partner's natural vulnerabilities and sense of isolation. EFT helps partners to take control of this negative dance and to clarify their emotional signals about attachment needs and fears in a way that encourages their partner to respond with love and compassion. A new emotional experience of secure connection, a sense that the other person can be Accessible, Responsive and Engaged (A.R.E.) transforms love relationships. Partners can then shape A.R.E. conversations that offer a positive answer to the key question, "Are you there for me?" Partners who are able to openly reach for and connect with each other can create the effective dependency that makes for a safe haven bond. This kind of bond promotes the growth and resilience of both individuals.

EFT is taught all over the world and has been adapted in clinical practice to clients from many different cultural groups and educational levels. A list of books, articles, chapters, training tapes/dvds and studies on EFT can be found on www.iceeft.com.