



Canberra Weekend Relationships Workshop

HOLD ME TIGHT® CONVERSATIONS FOR CONNECTION

Whether your relationship is in great shape, in serious trouble, or anywhere in between, Hold Me Tight is a practical and inspiring workshop developed by Dr Sue Johnson. Internationally recognised as an effective, evidence-based model for helping couples change their relationship dance, this workshop will assist you in creating a secure, loving bond.

Removed from the stresses and pressures of everyday life, you will be able to indulge in some time out with your partner in the beautiful leafy surrounds of inner Canberra and at the same time make it a luxurious weekend staying at the East Hotel, No.1 Canberra hotel on trip advisor.

Hosted by Relationship Counsellor and Mediator Janine Moran and Psychologist Melanie Sheehan, throughout this workshop you will benefit from their years of working with couples focusing on moving forwards in the way you have been wanting to with professional guidance.

To book or for more information,
email reception@ymu.com.au

**14 - 15 MAY 2022 &
29 - 30 OCTOBER 2022**

INCLUDES

- Hold Me Tight Workshop
- Copy of Hold Me Tight book by Dr Sue Johnson
- Beautiful catered meals

PRICE

\$1595 per couple

EARLYBIRD DISCOUNTS

\$1195 per couple
if booked 4 months in advance

\$1395 per couple
if booked 7 weeks in advance

EAST HOTEL, CANBERRA



East Hotel is offering a special room rate for attendees.



A weekend couples workshop to help you become unstuck, heal past hurts, find a way to communicate difficult issues and become closer in doing so...

This weekend workshop will offer you the chance to reconnect and refresh your relationship in a fun, safe and nurturing way. There is no group work or sharing of private issues, just listen to some life-changing information about relationship dynamics, and work through optional exercises on your own relationship.

Dr Sue Johnson's highly successful insights into couple relationships are presented, including video footage of Sue working with actual couples and other film clips you will relate to. Throughout the weekend, couples participate privately in professionally constructed exercises designed to make sense, take the blame off both of you and bring you closer. Presenters are available to assist if you get stuck, but keep a safe distance if you prefer.

The workshop will be held at East Hotel, located in the heart of Canberra's leafy Café districts of Manuka and Kingston, and stroll through the park to Lake Burley Griffin. Come from interstate for a beautiful weekend, or if you're Canberra consider making it a staycation by overnighting at East – with beautiful dining options and a great vibe. Past participants have found that staying at the hotel really creates a wonderful space away from distractions for doing this important couple work.

Should you require accommodation, EAST Hotel is offering attendees a special room rate - simply contact them and mention that you're attending the workshop for the rate. www.easthotel.com.au.

Workshop Commences

Saturday and Sunday 9am to 5pm.

Morning tea, lunch and afternoon tea are all included along with Canapés & drinks at East on Saturday evening following the workshop.

PRESENTERS



JANINE MORAN
Emotionally Focused
Therapist

Janine Moran is a Relationship Counsellor & Mediator in private practice in Canberra. She is an internationally accredited EFT therapist, experienced tertiary teacher, trainer and group leader, and a discernment counsellor for separating couples. She worked for 6 years at Relationships Australia before commencing in private practice, and is the director of You, Me & Us Relationship Counselling & Mediation Centre in Canberra.



MELANIE SHEEHAN
Emotionally Focused
Therapist

Melanie is a Psychologist, Family Therapist & Relationship Counsellor in private practice in Canberra and the South Coast of NSW. Previously working for Relationships Australia, she went on to co-found Deakin Psychology in the ACT and she is now an advanced practitioner at You, Me & Us Relationship Counselling & Mediation Centre. She is a very gifted and intuitive EFT relationship therapist and holds considerable experience in running relationship education groups.

VENUE



Located on the corner of Canberra Avenue & Giles Street Kingston.

Contact 02 6295 6925

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