

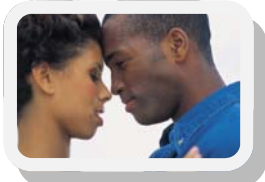
# Want a deeper, more intimate relationship?



International Centre for Excellence in Emotionally Focused Therapy

## Hold Me Tight Couples Workshop

January 31st-February 2nd, 2014  
Stellenbosch, South Africa



A weekend retreat that helps couples understand and strengthen their intimate relationships in a small group setting. Two experienced marriage and family therapists will lead small group sessions using presentations, video clips and in-class exercises.



This program benefits all couples who are wanting to improve their relationship, including couples who are dating, married, cohabiting, or premarital.

### Comments from Participants:

*"My love for my husband has been renewed and re-recognized."*

*"We learned how to have a conversation without having a fight."*

*"Our ability to communicate has improved immensely!"*

**For more information  
or to register contact:**



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