



# The Hold Me Tight Program<sup>®</sup>

## Conversations for Connection

### A Relationship Education Group for Couples

Based on the book

**“Hold Me Tight: Seven Conversations for a Lifetime of Love”** by Dr. Sue Johnson

Facilitators: Morgan Santana, LCSW-A, Rachel Dibbins, LCSW, Marfa Nicanor, LCSW-A

- Week 1. Introduction to Hold Me Tight
- Week 2. Recognizing Demon Dialogues
- Week 3. Finding the Raw Spots
- Week 4. Revisiting a Rocky Moment
- Week 5. The Hold Me Tight Conversation
- Week 6. Forgiving Injuries
- Week 7. Forgiving Injuries Deep Dive:  
Addiction & Infidelity
- Week 8. Bonding through Sex and Touch &  
Making Love Last

Couples are invited to join 8 weekly sessions being held every Tuesday from

**January 14th - March 4th**

**5:30pm to 7:00pm ET**

**(4:30pm to 6:00pm CT)**

To register, please visit

<https://form.jotform.com/223385869697176>



Sessions will be held online using the Zoom platform and invites will be emailed to registered participants.

**Available in all states. Enrollment is free.**



The Steven A. Cohen  
Military Family Clinic  
at Centerstone