



Hold Me Tight, Let Me Go

“Hold Me Tight, Let Me Go” is a 6 session support and education group designed for families with teenagers within the military community. This course is based on the empirically supported program “Hold Me Tight”, developed by Dr. Sue Johnson.

This group strives to help parents and their teens understand each other from an emotionally focused perspective and strengthen and repair ruptures that often occur during these difficult years.

Facilitators: Cindy Paauw, LCSW and Morgan Santana, LCSW-A

Session 1: Conversations for Connection (Parent only group)

Session 2: Safety, Secure Bonding and Family Identity (Parent only group)

Session 3: How Love Goes Wrong—Demon Dialogues/Negative Cycles (Parent-Teen group)

Session 4: Benefits of Sharing with Your Peers (Teen only group)

Session 5: Benefits of Sharing with Your Peers (Parent only group)

Session 6: Conversation Family Style: Establishing Trust with your Parent—Teen to Parent (Parent-Teen group)

January 29th - March 5th

6:00pm to 7:30pm ET

(5:00pm to 6:30pm CT)

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

Available in all states. Enrollment is free.

To register, please visit:

<https://form.jotform.com/242056665734158>



The Steven A. Cohen
Military Family Clinic
at Centerstone