

Date: _____



Patricia Lavelle
— PSYCHOLOGIST —

Hold Me Tight®: Private Couple Retreat

Information

The Hold Me Tight® Private Couple Retreat is a two and one half day non residential weekend retreat based on the work of Dr. Sue Johnson, Psychologist, Researcher and author of Hold Me Tight®: Seven Conversations for a Lifetime of Love and originator of Emotionally Focused Therapy for Couples (EFT).

Hold Me Tight® is an educational workshop that offers a relaxed, non threatening environment for you to experience a new way of understanding your relationship and connecting with your partner. It is both educational and therapeutic.

During the Private Hold Me Tight® Couple Retreat there is opportunity to slow the process down to work more specifically on your issues as a couple. Throughout the 2½ days weekend you will have opportunities to have guided conversations with your partner as well as have input on completing these with your own EFT trained therapist, Patricia Lavelle who will be present for the entire time.

Release

I understand that each of us individually and together as a couple are fully and solely responsible for the results and decisions I/we make regarding my/our use of the content of this program. I release the facilitator, the program developer and all related institutions and organizations from any and all responsibility and accept full responsibility for any change or decision now or going forward regarding my involvement in this program and use of any related materials. I also understand that this both an educational program and couple therapy.

All conversations are to be confidential.

My signature indicates that I have read, understood and had questions answered to my satisfaction regarding the content of this Information and Release Form.

Partner 1 (Print name)

Partner 2 (Print name)

Witness (Print name)

Partner 1 (Signature)

Partner 2 (Signature)

Witness (Signature)
