A Weekend Couples Workshop in Midcoast Maine



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**Conversations for Connection**

* **Would you like a closer connection with your partner?**
* **Do you find that you get stuck in repeated communication struggles?**
* **Would you like your relationship with your partner to be the best that it can be?**

We all have a fundamental need to feel valued, understood, and loved by our partner. Research shows that ALL couples get disconnected at times, and that there is a reliable road map for reconnection when we get out of step with one another.

This weekend educational workshop for couples is based on the book “*Hold Me Tight: Seven Conversations for a Lifetime of Love*” by Sue Johnson. Participants workshop you will:

* **Hear engaging presentations and watch video clips** to learn the tools for creating and maintaining a life-long loving connection.
* **Practice in private with your partner the conversations** that will bring you closer together.
* **Gain a deeper understanding of your own and your partner’s needs** so that you can stay engaged and avoid getting derailed.



*Theresa Cohen, LICSW is an experienced therapist certified in Emotionally Focused Couples Therapy (EFT). Her private practice is in Nantucket, Massachusetts*

*Julie Quimby, Ph.D. is a psychologist trained in Emotionally Focused Couples Therapy (EFT). She is the Founder and Director of Psychology Specialists of Maine*

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| **Date** | Saturday & Sunday, April 27th and 28th, 2019 |
| **Time** | Saturday, 8:30AM to 6:00PM Sunday, 8:30AM to 4:00PM  |
| **Location** | Psychology Specialists of Maine, Fort Andross, 14 Maine Street, Suite 309, Brunswick, ME 04011 |
| **Cost** | $695 per couple  |
| **For more information and online registration visit psychologyspecialistsme.com/couples-workshops/** |