

HOLD ME TIGHT SUE JOHNSON%0A

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In *Hold Me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship—from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment"—and

[Hold Me Tight | Dr. Sue Johnson](#)

The *Hold Me Tight* Workshop was developed by Dr. Sue Johnson and is designed around seven conversations based on the *Hold Me Tight* book, all of which have been shown to be essential to successful relations. You will learn how to understand and improve your relationship through presentations by the workshop leaders, private exercises and conversations with your partner and by watching video [Hold Me Tight: Seven Conversations for a Lifetime of Love ...](#)

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from *Hold Me Tight* Couples Meet the Program Creator Dr. Sue Johnson is a clinical psychologist and research professor whose work has revolutionized the field of couple and family therapy.

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