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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.

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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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Watch this clip of Dr. Sue Johnson, founder of Emotionally Focused Couples Therapy, author of Hold Me Tight, and creator of the Hold Me Tight workshop, discuss the science behind and the benefits of Hold Me Tight for couples.

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This book offers a revolutionary new way to see and shape love relationships. The stories, new ideas and exercises offered in Hold Me Tight are based on the new science of love and the wisdom of Emotionally Focused Couple Therapy (EFT), an effective new model developed by Dr. Johnson. EFT is a short-term, structured approach to marital and couples therapy.

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The Hold Me Tight Couples Workshop is a 2-day event covering 7 Conversations For You and Your Partner Based on books by Dr. Sue Johnson Skip to primary navigation Skip to secondary navigation

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Hold Me Tight Love demands the reassurance of touch. Most fights are really protests over emotional disconnection. Sue Johnson is a clinical psychologist and author of Hold Me Tight. Learn

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Hold Me Tight

A metro-Atlanta Workshop for Couples The Hold Me Tight Experience This workshop is based on the book, Hold Me Tight, by Dr. Sue Johnson, which is now in its 10th year of publication and has sold over half a million copies world-wide.

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