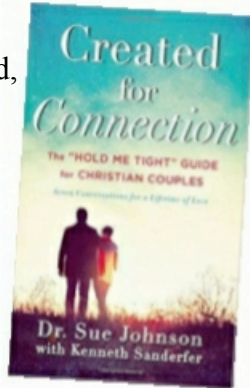


CREATED FOR CONNECTION

One Family Church and Revision Christian Counseling are hosting a HOLD ME TIGHT®/Created for Connection Couples Intensive on **Saturday, June 29!**

The *Created for Connection* workshop is simple:

Forget about learning how to argue better or analyzing your early childhood. Instead, **get to the emotional underpinnings of your relationship** by recognizing that you are attached to and dependent on your partner in the same way that a child is on a parent, and that we are on our Heavenly Father. The way to **enhance and protect our relationships** with each other (and with God) is to be open, attuned, and responsive and to reestablish a safe emotional connection.



This unique workshop is based on the new book *Created for Connection: The "HOLD ME TIGHT" Guide for Christian*

Couples by Dr. Sue Johnson, which is rooted in Emotionally Focused Couples Therapy (EFT). The research into EFT shows that learning how to become emotionally responsive to each other is the key to a safe, healthy, and stable relationship.



Join us for this workshop — it is bound to be enriching and enlightening for all Christian couples!

Q&A

When:



Saturday, June 29th
9:00 am – 5:30 pm

What:



The workshop is divided into **7 sessions**. Each session consists of:

- Some **teaching** on the topic
- A **private conversation with your partner** with help from professional counselors if needed
- Debriefing with the group**. Participants are free to share takeaways, but **there is no obligation to share at all**.

Where:



One Family Church
6358 Delmar
St. Louis, MO 63130

Registration:



The cost is \$299 per couple. A limited number of scholarships are available based on financial need. Contact Revision Christian Counseling for details.

Price includes several **professional counselors on hand**, snacks, and a **free** copy of the *Created for Connection* book.

Sign up now to reserve your space!

Contact **Revision Christian Counseling** at:
welcome@revisionchristiancounseling.com
314.802.6232
www.revisionchristiancounseling.com

The Bible is a beautiful love story...

... a story about God in pursuit of His bride. We are the bride of Christ. God created us to have a relationship with Him and with others. **God's very nature is relational**, and we see this in the relationship of the Trinity — Father, Son, and Holy Spirit. The *Created for Connection* workshop helps shed light on why we get disconnected in our relationships and **HOW** to find that connection again. **This workshop helps couples feel a strong bond of love and security with one another, even in the midst of everyday demands.**

This workshop helps couples answer the question: "Are you there for me?"

A.R.E. you: Accessible, Responsive, Engaged?



CREATED FOR CONNECTION

What are the **SEVEN CONVERSATIONS** for a **LIFETIME OF LOVE** ?

Recognizing Disconnecting Dialogues — Couples identify their argument patterns and figure out what each other is really trying to say.

Finding the Raw Spots — Move beyond immediate, impulsive reactions when raw spots are hit.

Revisiting a Rocky Moment — A platform for de-escalating conflict, repairing rifts in a relationship, and building emotional safety.

Hold Me Tight — Moves partners into being more accessible, emotionally responsive, and deeply engaged with each other.

Forgiving Injuries — Knowing how to find and offer forgiveness for lingering hurts empowers couples to strengthen their bond.

Bonding Through Sex and Touch — Find how emotional connection creates great sex, and great sex creates deeper emotional connection.

Keeping Your Love Alive — Love is a continual process of losing and finding emotional connection; create a plan to be deliberate and mindful about maintaining your connection.

Whom does this workshop benefit?

You can benefit from this workshop if:

- You want to enrich your relationship
- You want to create a more loving, emotional connection with your partner
- You see negative cycles that overpower your relationship at times, but can't see how to create new positive ways of engaging with one another
- You want ways to pull each other close in difficult situations

What will we learn?

You will learn to:

- Show love with more fullness, aliveness, presence, and a deeper connection
- Break the cycles of frustration and isolation in your relationship
- Make sense of your own, as well as your partner's, emotions
- Communicate your emotional needs for connection
- Deepen your romantic and sexual connection

Your Facilitators



Brad Werner is a Licensed Professional Counselor with Revision Christian Counseling in St. Louis, MO. His practice is focused on couple relationships and he is trained in Emotionally Focused Therapy. He has an MA in Counseling from Covenant Theological Seminary, St. Louis, MO.

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Brad partners with **Alicia Seidler**. Alicia is founder and owner of Revision Christian Counseling in St. Louis, MO. She is an effective leader and has had success working in a wide variety of settings. She enjoys teaching and speaking on topics related to trauma. She has an MA in Counseling from Saint Louis University, St. Louis, MO.

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alicia@revisionchristiancounseling.com

"I am passionate about relationships. There is nothing more fulfilling for me as a counselor than watching a couple go from distress to deeper connection through increasing vulnerability and trust."

"There is a hope for deeper understanding and connection in your marriage and we are excited to partner with you in this workshop to find it. We really don't give up easily."