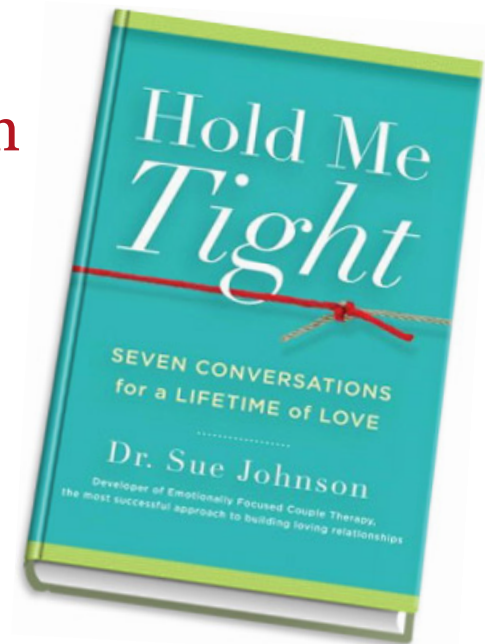


FACILITATING SUCCESSFUL



Hold Me *Tight*<sup>®</sup> Workshops

Dr. Sue Johnson and  
Dr. Rebecca Jorgensen

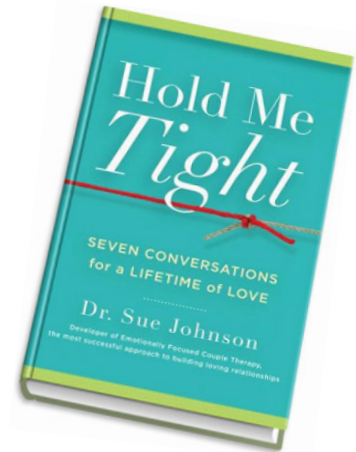


# To Screen or Not to Screen?



- **Experience facilitating groups – comfort level with managing possible distress (reflect, normalize, redirect – send in helpers for exercises)**
  - “educational workshop”
  - “not meant to replace therapy”
- **Screening call: 10 – 15 minutes (goals, main problem)**
- **Registration confirmation of screening ✓**
- **Release Form**

# Advertising Tips



**Begin announcing 10 – 12 weeks in advance**

**Announce to: Newspapers, community news, social media, local groups, individual therapists, doctors offices, daycares, churches, HMT website, listserve, LinkedIn, clients. Email/evites.**

**Register early, space is limited, early-bird discount**

**Testimonials**

# Particulars



- **Fees**
- **Group Size/Helpers**
- **Handouts – exercises, HMT book**
- **Venue's**
- **Food**
- **Registration Table**
- **Evaluation – permission to use quotes**

# Facilitating



- **What to spend time teaching.**
- **How and what to process in large group – and what do they do in private?**
- **What DVDs to use?**
- **Refer your clients to do Hold Me Tights – it will support their therapy.**
- **Attend a Hold Me Tight® with your partner (or as a single) it will help you become better at EFT.**

# Final Thoughts



Already this program as exceeded my expectations. The way the EFT community has picked it up is amazing. I admire you for picking up this group format and taking it to the community.

I think we're all about changing the culture of relationships in our society... to a society that honors relationships and understands they are essential and we have to help people understand how to have them.

I appreciate all of you who have taken the time and trouble to go through the manual and struggle with learning how to do this. It's about the value that says we can do things together we absolutely can't do by ourselves.

Sue Johnson  
May 22, 2013