

# Lisa Ruderman, LMFT

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**MARCH 28-29, 2014**

**Let's Celebrate our LGBT Relationships**  
"Hold Me Tight": A Transformative Weekend Workshop for LGBT Couples  
[www.lgbtholdmetight.org](http://www.lgbtholdmetight.org) • BUILD STRONG BONDS • 2014 - A Hartman Weekend Created Especially for LGBT Couples

**EARLY BIRD DISCOUNTED PRICE:** \$500.00 (if registered by February 15th). Register at [www.lgbtholdmetight.org](http://www.lgbtholdmetight.org)

COST*	WHEN	WHERE
\$650.00 per couple Early bird discounted price \$600.00 (if registered by February 15th)	March 28-29, 2014 Friday: 9:00am - 6:00pm Saturday: 8:00am - 5:00pm	Location to be Announced San Francisco, CA

Included in the Cost: Breakfast/Bakery Items & Coffee/Tea Service \* Lunch and Beverages \* Daily Parking Fees

As LGBTQ people, we have grown up being impacted by non-supportive social and cultural attitudes toward our relationships. We have tailored this weekend to take into account this effect on ourselves and our partners as we work to build strong bonds in our romantic relationships. During the course of this workshop, you will:

- Understand how and why couples get so stuck in negative cycles.
- Learn how to see your own cycle with your partner and develop strategies for stepping out of it.
- Learn tools that can help you heal and forgive injuries in your relationship, and create lasting trust and intimacy.

Don't miss this LGBTQ couples workshop, based on an adaptation of the best-selling book *Hold Me Tight*, by Dr. Sue Johnson, if you want to learn a revolutionary new way to see and shape your love relationship.

**Meet your Facilitators!**



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GayLesbianDirectory Discount Offered: \$100.00 discount if two couples register together, once retreat is completed

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