

Hold Me Tight®

A COUPLES WORKSHOP · REBUILDING CONNECTION

Find your way back to each other.

Find your way back to each other. Are you caught in the same patterns of distance and conflict, even though you both want to feel close? Discover how to repair, forgive, and create a secure.

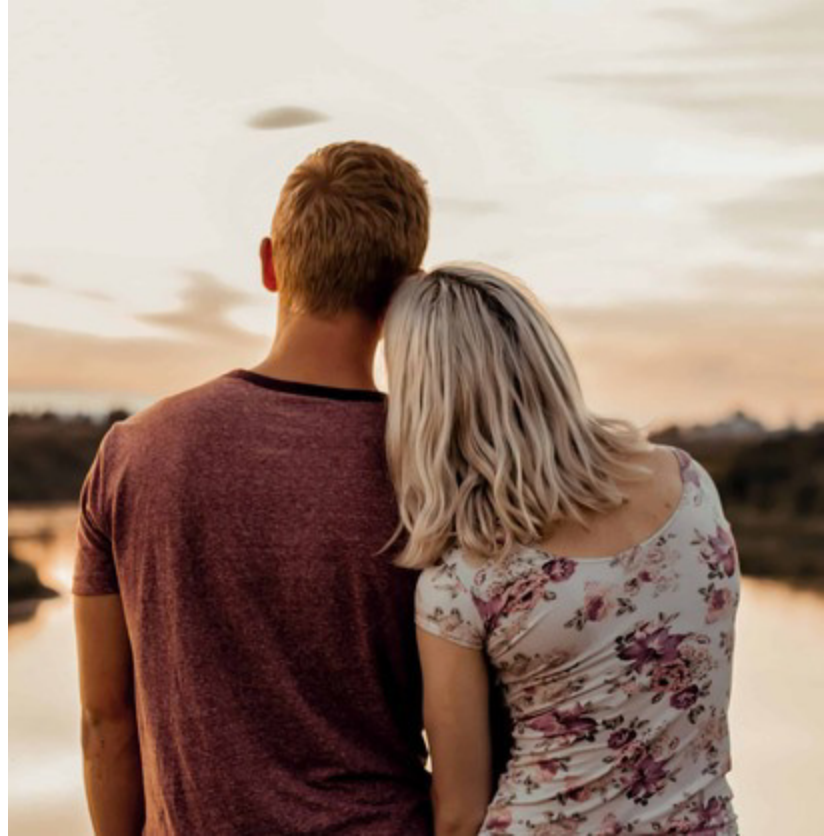
Emotional Focus Therapy

MELD Somatic Practices

Communication Tools

Immersive Experiences

Emotionally Safe Space



August 22–23, 2026

Grass Valley / Nevada City, CA

\$1,075 per couple \$975 early registration

IN THIS WORKSHOP YOU WILL

Repair old hurts and rebuild trust

Slow down reactivity and step out of the cycle.

Restore intimacy and aliveness

Rebuild the safety that makes honesty and closeness possible.

Reach each other safely

Practice conversations that create safety, not defense.

Leave with tools that work

Deepen understanding through private couple exercises.

WHAT COUPLES SAY

"Dalia and Owen have a gift every couple needs to experience. I will treasure this forever."

— Casey P., Los Angeles

"We broke through our deepest challenges and reconnected in ways we didn't know were possible."

— Doug R., New York

"After 36 years of therapy, EFT has been the most successful approach for me and my relationship."

— Robin C., Florida



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REGISTER TODAY

DaliaAnderman.com

or call (530) 692-0680



Scan to register

Dalia Anderman, LMFT | Owen Marcus, MA

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