

Review of DVD: Hold Me Tight Conversations for Connection

Lorrie Brubacher

Susan Johnson has clearly achieved her objective of enhancing the self help dimension of the Hold Me Tight book with this marvelous companion DVD **Hold Me Tight: Conversations for Connection!** Superb editing has created a visually and musically pleasing experience. With the collaboration of three attractive couples, Johnson succeeds in demystifying the nature of romantic love in a down-to-earth manner with which all couples can resonate. At the same time, she has created yet another magnificent training tape for therapists seeking to learn EFT or to streamline and deepen their command of the EFT process!

A couple dancing steps of the Argentine Tango sets the background for three separate couples who have prepared for their on-screen dialogues by discussing their relationship with the help of the Hold Me Tight book. Following the Hold Me Tight conversations, each couple reflects on how these conversations have helped them get to know themselves and to reconnect with each other in new and deeper ways.

What makes this self-help tool unique is that it is an interactive experience. The DVD provides a structure to make it safer for couples to move to a deeper level. More than merely a fill-in-the-blank communication exercise or a talk-show success story, it is a hands-on educational version of the science of love and a pathway to connection for anyone to follow.

A training tape for therapists:

Therapists can also benefit immensely from the DVD. The couples' open and intimate conversations bring the EFT process to life in a

whole new way. Therapists will deepen their grasp of the 3 stage EFT model by engaging with the couples as they move through each stage, conversation by conversation. We observe de-escalation and cycle reframing in Conversation 1 & 2, in the first two hours of the DVD. In the second two hours, we wipe away our own tears as we witness the profound process in the Stage Two change event conversations, and we celebrate alongside the couples as they create their resilient relationship stories and reflect on their new beginnings, as in Stage Three.

Conclusion:

Couples in therapy can be encouraged to watch this DVD. It will help them stand back from the intensity of their own negative cycle and observe the intimate process of three courageous couples following this road map of love. Perhaps the DVD is a series of disquisitions that can mirror aspects of their distress and reflect hope as it concretely demystifies their negative spiraling, unfolds their unmet longings for acceptance and connection and demonstrates active creation of secure bonds.

The three couples' dialogues are a message of hope for love and the flowing dance of intimacy; a testament to the value of utilizing the Hold Me Tight framework. Whether or not a couple chooses to contact a therapist, this DVD demystifies love and perhaps tacitly also de-stigmatizes utilizing therapeutic help.

Lorrie Brubacher, M.Ed. LMFT Certified EFT Trainer Winnipeg EFT Training