

Aikin Associates Seminars

Paul A. Aikin, Ph.D.

Nancy T. Aikin, Ph.D.

An Exciting New Announcement:

A Weekend “Hold Me Tight for Families with Teens”

February 14 (Just for Parents) & February 15 (For Parents and Teens)

In conjunction with EFT trainers Gail Palmer and Jim Furrow and with the blessings of Sue Johnson, Drs. Nancy and Paul Aikin are offering a **Hold Me Tight for Families with Teens** pilot workshop. We will utilize Dr. Sue Johnson’s empirically validated concepts of love modified to fit the attachment systems present in family life. This is an educational, enrichment program designed to strengthen the bonds between teens and parents. With the help of exercises, structured conversations, and group support, families will grow appreciation of how to rely on each other when Hold Me Tight is accompanied by Let Me Go during this important transitional stage of family life. **For this first pilot workshop, we are looking for families with teens between the ages of 13 and 19.**

In the comfortable setting of our home, we will work to strengthen the parenting alliance, explore the nature of parent/child attachment, discover methods to deescalate conflict and introduce ways to build more trust and safety with each other in the family. We will have wonderful food created especially for the weekend. The workshop is a time for parents and teens to learn from one another that they are not alone in their challenges.

Often couples lose their bearings and get into conflicts when parenting their teenagers. On Friday night we will meet just with parents to strengthen their caregiving alliance. On Saturday teens will join their parents and with group support have an opportunity to communicate

about their experience guided by structured exercises. Often teens report feeling misunderstood and hurt as their natural desire for autonomy seems at times thwarted by parents just trying to do the right thing.

Please think of us and refer teen families that you think would benefit from this kind of group relational experience. The registration form follows below. If you have any questions about this family workshop feel free to email (paulaaik@jps.net) or call us at 530-758-1912 (Nancy) or 530-758-1960 (Paul)

When: Friday Night 7 to 9:30 p.m., Saturday 9 a.m. to Noon & 1:30 to 5 p.m.

Where: 1107 Ovejas Ave., Davis, CA 95616

Cost: \$500 per family; please register by February 10, 2014

Nancy Aikin, Ph.D. and Paul Aikin, Ph.D. are psychologists certified as therapists and supervisors in Sue Johnson’s Emotionally Focused Couples Therapy (EFT) approach.

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Registration for February 14 - 15, 2014 Family Workshop

Name: _____

Address: _____

Phone: _____

E-mail: _____

(I cannot attend but please put me on your email list for future workshop announcements.)

Make checks payable to: Aikin Associates Seminars

Please return to: Aikin Associates Seminars, 1107 Ovejas Avenue, Davis, CA 95616 **by February 10, 2014** (530) 758-1960

(Limited to 6 families)

The next Hold Me Tight Couples Workshop will be May 2-4, 2014

Please feel free to forward this email on to others that you think might be interested in attending.