

Welcome



Couples Intensive: Hold Me Tight

G25020201

with Elene Johas Teener

February 12-16, 2025

WELCOME TO GHOST RANCH 'HOLD ME TIGHT ®' INTENSIVE

You have taken a step in making the most important investment in your relationship. We are so glad to accompany on your journey to discover how to create closeness, why and how we get into disharmony and how to repair breaks in connection. This is a new evidence based, research backed modality with incredibly positive success rates, even for couples with complex trauma.

Emotionally Focused Therapy (EFT) has 30 years of rigorous research and has been available for about a decade. I am a Licensed Clinical Social Worker practicing psychotherapy in Santa Cruz, California for 30 years, and have been a Certified EFT therapist for 10 years and studied EFT for 15 years before that. We have led or been participants in nine EFT intensives (called "Hold Me Tight ®") previously with remarkable success. The last two years, at this Valentines Day retreat my husband, Michael, and I were excited to see the impact on others, of a couple walking the walk, talking the talk and doing the work together. It has been a resounding success, but this year we expanded the length to allow for more processing and digestion of the material, as well as a more spacious and slower presentation to allow for maximum change.

Here is a little bit about EFT, you can also review the research and get other information on the ICEEFT website (<https://iceeft.com/what-is-eft/>).

Emotionally Focused Therapy has been researched for over 30 years, and in all studies it has shown to have a 72% to 85% success rate, even with highly traumatized couples. One of the tenants that holds EFT apart from other approaches is the research based appreciation and application of the human biological need for closeness and attachment. The research has shown that when a couple is securely attached every measure of overall mental and physical health are improved, including longevity. Attachment research has proven that relationships, in particular committed long term relationships, are actually a primary part of human evolution. It is necessary to form deep and trusting supportive and safety with one to three people.

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With our highly mobile population and separation from extended families, and especially in communities with little familial support, primary relationships must provide that biological need. EFT strengthens the relationship unit and primary family and provides a road map to safety, security and long term continued support. Almost all couples we have worked with quickly get relief from a pathological context (there is no “blame”).

Michael and I are both passionate about sharing this information and the skills and how-to's. I am committed to helping people learn about EFT; it is one of my primary goals after a long and successful psychotherapy career.

EFT and attachment work are the future of supporting the mental health of individuals, couples and families. We would like everyone to be able to benefit from this new approach; from our perspective healthy families create a healthy community. Please feel free to call or contact us at any time.

Thank you,
Elene Johas Teener, LCSW
Michael Johas Teener, MS