

Laurie Branch, LPC

# HOLD ME TIGHT LET ME GO

An educational, experiential online workshop for parents and teens, designed to build strong, cohesive families.

## WHAT YOU'LL LEARN

How to **repair, enhance, and develop secure bonds** so teens are able to grow and successfully launch into the world while remaining connected to their family roots.

How to **describe and control negative interactions** that create pain and distance in your family.

How to understand each family member's **emotional responses** and needs.

How to create positive moments of **reaching and responding** that lead to more connection and cohesion.

## FOR PARENTS

The first part of the program teaches core concepts of attachment parenting, identifying the caregiving attachment organization and the alliance between parents. We will discuss how parents become more reactive as their teens begin to push them away, and explore how parents can share their reactivity with their partner (or another support person).

## FOR TEENS

Teens join their parents for the second part of the workshop. Each session, each family has one or more conversations led by the facilitators, who follow up with an invited large group discussion. During this process, parents and teens support each other as they discover they are not the only families to have challenges during the teen years.



## A SUPPORTIVE SPACE

Family conversations are facilitated by therapists, who are there to guide you in identifying and opening blocks in parents that prevent teens from reaching out for support, and outlining and repairing challenges in communication. Facilitators can serve as a resource and a guide to navigate family conversations that have been difficult in the past.



## DATES AND REGISTRATION

Offered via Zoom

Facilitated by Laurie Branch, M.A., LPC with Lisa Brown, M.S., LPC

April 8<sup>th</sup> 5:30-7:30pm MT & 7:30-9:30pm ET (parents only)

April 9<sup>th</sup> 9:00am-4:00pm MT & 11:00am-6:00pm ET (parents & teens)

Early bird registration - \$400 before March 22<sup>nd</sup>

Late registration - \$500

Register online at [lauriebranchtherapist.com](http://lauriebranchtherapist.com) or at  
(303)-444-7256

