

Hold Me Tight Testimonials, 2017 - 2019

Deanne Drda Facilitator

What did you find most useful about this [Hold Me Tight workshop] program?

I found the handouts in conjunction with the videos to be very useful in guiding us on this journey. Deanne's commitment and willingness to help [us] made this workshop amazing and it was a great experience. I learned a lot about myself in this process with Deanne, a lot about my [my partner], and our relationship together. – J, Colorado

I think the periods of personal engagement were the most productive for me. – R., Colorado

As difficult as it was, participating in the breakout sessions to practice the "HMT" techniques with immediate feedback from my partner and Deanne provided a comforting reassurance that our relationship problems could be solved. - M, Missouri

Being here together and being able to identify with the attachment styles of the different couples. - B, Missouri

Deanne created an exceptionally safe space for us and safely guided us thru the conversations. She helped us open-up to see clearly and then make the best use of our break-out sessions. We were able to share and grow and have ah-ha's in our exercises and break-out sessions. – J, Colorado

Leveraging curriculum as way to understand our relationship and how we can break out of negative cycles. Breakout exercises were insightful and growth creating. Videos of discussion were great to set stage! - anonymous

It allowed me to open up and strengthen my marriage. – S, Iowa

Facilitator remained open to discussions – allowing for meanderings or insight that ended up being significant. – T, Iowa

Learning how to spot a hurtful word spoken to my Love. – anonymous

Would you recommend this program to others?

Yes, I would recommend this to couples who are open to introspection and have a desire for healthy connections with human beings. – J, Colorado

Absolutely. This program would be excellent for new couples to give them the skills to avoid the issues older couples have had w/o the new skills. - M, Missouri

Absolutely. Yes. – multiple respondents

Any other comments/suggestions?

Deanne, thank you so much for this wonderful experience. Your openness combined with your willingness to help, encouragement and non-judgmental attitude made this a safe space for me to grow and learn in. -- J, Colorado

I'm so thankful for the material and the availability of the "Denver Therapeutic Weekend" that I described to friends and family. - B, Missouri

I am so grateful for the framework, toolbox, and guidance to have the growth in our relationship! I now feel optimistic and hopeful. What a gift. Thank you! – J, Colorado

Appreciate time management of reviewing only 2 of 3 videos. Important time is when we were in breakout sessions and working on us. Deanne was great. Thank you so much! - anonymous

Thank you – this was very helpful and will continue to help us through the years. – S, Iowa

I just have gratitude for Sue Johnson, and for Deanne, the facilitator's work. Thank you! - T, Iowa

Thank you, Deanne, for creating a safe space to have such a vulnerable experience. The break outs helped us tremendously. – P. - FL