



Hold Me Tight training

for parents with young children

see data



Thank you for your interest!



The transition from two to three or more is a big one. Roles change and many balls have to be kept in the air. Most couples experience a significant dip in their relationship a year and a half later. Yet couples only ask for help with their relationship after 6 years on average. A crying shame, because it is precisely when you are there early that the value in the young family is so great. After all, as parents you form the foundation of the family. And if you feel safely connected, there will be peace in the family and you can most easily focus your care on the children.

What can you expect?

The training consists of two Saturdays and an in-depth afternoon a few weeks later.

There will be exercises done alternately, explanations given and a film watched in the group of a couple who have completed the same training. In the first weekend you will have 7 conversations together, in your own place in the training room. In this you will learn to break negative patterns and strengthen the bond within the partner relationship. For the foundation of the family.

During the deepening afternoon you will go one step further. You will then investigate the interaction as parents and learn more about family patterns.

It is not a group therapy, so you decide for yourself what you want to share with the other participants. A maximum of 5 parent couples participate in the training.



Practical information

Do you like to start with coffee? Then come fifteen minutes earlier



TIMES:

Two Saturdays from 9:30 am to 6:00 pm

In-depth afternoon: from 1:30 pm to 5:00 pm

LOCATION:

Rustenburgstraat 142 A-C

1073 GJ Amsterdam

TRAINERS:

Jaro van der Ende, Katja Pereira & Barbara Veldt (two of the three)

LUNCH:

Lunch is included, we provide a wide vegetarian selection.

Research into this training

A scientific study is underway at the University of Amsterdam into the effects of this training on relationships and parenting. To help parents with young children as best as possible.

If you are willing to participate in the research, you will each receive an email with some short questionnaires before the training. This will take you a maximum of 10 minutes. You will also receive another email after completing the training.

Do you want to register?



Follow the QR-code and register!

Do you have any questions?

Please email us at info@relatiepraktijken.nl