



Release Form

Please Note: The *Hold Me Tight Program: Conversations for Connection* is an educational resource for couples interested in enhancing the quality of their relationship. This program is not intended to be a substitute for individual couples therapy with a trained professional therapist. If you, your partner or a family member are experiencing significant relationship distress, serious depression or mental health problems, we urge you to seek professional treatment immediately and consider using this program only with the help of a trained mental health professional.

Release

I understand this group program is designed to assist me in understanding my relationship and provides guidelines for enhancing the quality of my relationship. I understand that I am fully and solely responsible for the results and decisions I make regarding my use of the content of this program. I release the facilitator, the program developer and all related institutions and organizations from any and all responsibility or promise and accept full responsibility for any change or decision now or ever made regarding my involvement in this program and use of any related materials. I also understand that this is an educational program, not couple therapy and that the facilitator may not be trained in Emotionally Focused Therapy or any other therapy model and is not acting as a professional counselor.

Signed _____

Printed Name _____

Date _____