



Don Sizemore & Associates



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What if you could save
73% of the troubled
marriages that come
through your door?

Marriage is precious.
It is the building block
of society. If you save
a marriage, you save a
family, and if you save
a family maybe you
save a culture.



This is not hyperbole; it is documented research findings. Every social study on the affect of marriage for adults and children demonstrates its dramatic impact on health, wealth, and well being. It is virtually indisputable that a good and lasting marriage is the best investment anyone can make, irrespective that we are hard wired to connect and multiply. Married people live longer, are more likely to avoid significant health issues, and they build more wealth, and their children are more likely to make life work for them.¹

We have the means to restore struggling marriages and not only restore but form lasting emotional bonds that make us safe, secure, and happy. **Emotionally Focused Therapy (EFT)** is a primary tool of restoration as the most researched and documented effective couples therapy. A meta-analysis of several studies found that 73% of couples treated with EFT recovered from their distress and 86% made

significant improvement in their relationship.² These are outstanding results for any type of counseling, much less with distressed couples who wonder if they are sleeping in the same bed with their enemy.

About five years ago, I became interested in EFT. In the past two years, I have entered into a training program developed by the founder of EFT (Dr. Sue Johnson). I have been a licensed therapist for over thirty years and this certification process is the most comprehensive, demanding, and effective post graduate training I have ever experienced. This is not attend a seminar, fill out a survey, and get your certificate. Dr. Johnson and her organization (ICEEFT) have "protected their brand". You have confidence in your competency to practice EFT when you complete the certification process.

Seven out of every ten couples you refer will find their way back to each other.

Almost nine out of ten will see significant improvement. I invested the time and money to be trained in EFT because marriage is too important, especially today, not to provide the best chance possible for saving a marriage, a family, and maybe a culture.

Introduce your organization to EFT through a "Hold Me Tight" seminar.

Is there a couple you know in crisis? A Three Day Intensive may be what is needed.

Schedule an office visit.

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¹ Reports found online at www.statefourunions.org and www.americanvalues.org (Wilcox)
² Johnson, S., Hunsley, J., Greenberg, L. & Schindler, D. (1999) Emotionally Focused Couples Therapy: Status & challenges (A meta-analysis). *Journal of Clinical Psychology: Science and Practice*, 6, 67-79.