



Intimacy & Emotional Connection Webinar

Panel discussion led by Heather Chamberland, Psy.D., AMFT, LCP, Rebecca Coopersmith, LCSW, CSE and Lesley Fisher, M.S., LMFT.

KEY TAKEAWAYS:

- Intimacy is about sharing the “best” and the “worst” of ourselves, and feeling safe and seen. We feel powerful validation when our partner likes in us what we like about ourselves, and we feel deep connection when we share our insecurities and are accepted, loved, and cared for.
- Rather than focus narrowly on goal-oriented physical intimacy, find ways to bring in pleasurable touch.
- Create a common language to discuss intimacy needs and preferences.
- Engage in new and novel activities to promote intimacy.
- It’s not uncommon for life changes (planned and unplanned) to throw off our connections. Even during positive life events.
- Meet each other with vulnerability and put aside defensiveness. Remember you are on the same team.
- Practicing small, meaningful activities to strengthen your emotional bond can make a big impact. A couple of suggestions include:
 - A six second kiss, and a twenty second hug.
 - Practices of gratitude and celebrating the wins. Even small acts such as talking about the high points and low points of your day can make you feel more connected to your partner.
 - Checking in throughout the day via text, phone call or email can go a long way.