

# Flourish & Thrive with a Health Condition



Lunchtime Webinar Series for Psychology Week 2021  
Welcome to today's webinar, beginning soon at 12 noon



**When the going gets tough, the tough get going – Looking after intimate relationships in times of health challenge**

**Leena St Martin, Clinical Psychologist  
Professional Leader, Physical Health, Auckland District Health Board**

This talk will discuss tips and tools for maintaining emotional and sexual intimacy in the face of a challenging health condition.

For more free psychology week events see

# Relationship building

www.johngottman.com

## The connection bid

<https://www.youtube.com/watch?v=ib7Ain2aVR0>



RESOLVING SEXUAL PROBLEMS AND  
REJUVENATING YOUR RELATIONSHIP

# resurrecting SEX

Author of *Reinventing Marriage*

David Schnarch, Ph.D.

LORI A. BROTTO, PhD

Foreword by *AMY POULSON, PhD*,  
author of *Come as You Are*

# BETTER SEX THROUGH MINDFULNESS

How Women Can  
Cultivate Desire

*"A masterpiece and masterpiece in female sexuality"*  
*—L.A. Weekly*

*"Read this book if you want to improve your sex life."  
—Psychology Today*



sexual intelligence

WHAT WE  
REALLY  
WANT FROM  
SEX AND  
HOW TO  
GET IT

MARTY KLEIN, PH.D.

# THE ULTIMATE GUIDE TO SEX AND DISABILITY

For all of us who live with disabilities,  
chronic pain & illness

By Miriam Kaufman, Ph.D., Dan Pines

# Useful social media

- [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)
- [www.gottman.com](http://www.gottman.com)
- [www.sexedcenter.org/category/older-wiser-sexually-smarter/](http://www.sexedcenter.org/category/older-wiser-sexually-smarter/)
- [www.emilynagoski.com](http://www.emilynagoski.com)
- [www.loribrotto.com](http://www.loribrotto.com)

# Pelvic Physiotherapists

- [www.pelvicfloorphysio.co.nz](http://www.pelvicfloorphysio.co.nz)
- [www.positivelypelvic.co.nz](http://www.positivelypelvic.co.nz)
- [www.restorephysio.co.nz](http://www.restorephysio.co.nz)
- [www.physiodownunder.co.nz](http://www.physiodownunder.co.nz)