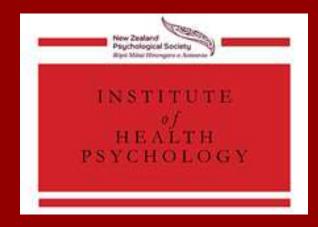
Flourish & Thrive with a Health Condition



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.

Relationship building

www.johngottman.com

The connection bid

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



RESOLVING SEXUAL PROBLEMS AND

REJUVENATING YOUR RELATIONSHIP

How Women Can

Cultivate Desire

resurrecting SEX

David Schnarch, Ph.D.

Rand this book if you want to improve your sex life.



sexual intelligence

REALLY WONT FROM SEX AND HOW TO

MARTY KLEIN, PH.D.

LORLA, BROTTO, PAD

CONTROL OF SHIPLY MAKES SALL BAD.

BETTER SEX THROUGH MINDFULNESS

A menticuplisco and mission days in formally sexuality

ULTIMATE GUIDE TO SEX AND DISABILITY For all of us who live with disabilities, chronic pain & illness

Il With Links at a series

Useful social media

- www.healthnavigator.org.nz
- www.gottman.com
- www.sexedcenter.org/category/older-wiser-sexually-smarter/
- www.emilynagoski.com
- www.loribrotto.com

Pelvic Physiotherapists

- www.pelvicfloorphysio.co.nz
- www.positivelypelvic.co.nz
- www.restorephysio.co.nz
- www.physiodownunder.co.nz