Partnering: The Dance of Relationships & Romance

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I have no financial or conflicts of interest to report.
My Goal

How To Have A Great Relationship 101
Conducted research on more than 3,000 couples over four decades.
They identified 13 things all couples do who have great emotional and physical intimacy.
What is emotional intimacy?

A closeness in which both partners feel secure and loved, and there is trust and communication.
Poll

I struggle to feel emotionally close with my partner…

a. Never  
b. Periodically  
c. Frequently  
d. Always
Say "I love you" every day and mean it.
Keep playing and having fun together.
Turn towards each other.
Give surprise romantic gifts often.
Take romantic vacations.
Have weekly dates.
Stay good friends.
What is physical intimacy?

Sensual proximity and touching that expresses your feelings for that person.
Poll

I struggle to feel physically intimate with my partner…

A. Never

B. Periodically

C. Frequently

D. Always
Cuddle
Be physically affectionate, even in public.
Kiss one another passionately for no reason.
Know what turns your partner on and off erotically.
Talk comfortably about your sex life.
Make sex a priority, not the last item of a long-to-do list.
Intimacy doesn’t just happen!

It is all the little things you do every day that builds closeness and connection.
Thank you!

This Expert Briefing is made possible through the generous support of Neurocrine Biosciences.
Post-Webinar Details & CEUs

CEUs
For Health Professionals interested in 1 free CEU from the American Society on Aging click on the link in the chat. *Valid until December 10, 2020.*

RECORDING
This webinar is recorded for on-demand viewing and will be available within a few days of the live event.

SLIDES
Download webinar slide deck via link in the chat.
Symptom Management: Is it PD, Medication or Aging?

**Tuesday, February 9th**
1pm ET

Motor Symptoms Co-management: Occupational Therapy and Neurology
Michael S. Okun, MD
Lisa Warren, MHS, OTR/L

**Tuesday, March 9th**
1pm ET
Exploring Non-Motor Symptoms: Neuropathy, Fatigue, GI Issues
Ellen Walter, NP
Steven Swank, Clinical Pharmacist

**Tuesday, April 20th**
1pm ET
Mental Wellbeing and Memory
Gregory Pontone, MD, MHS

Register at [Parkinson.org/ExpertBriefings](http://Parkinson.org/ExpertBriefings)
Fall Prevention and Living Safely at Home with Parkinson’s

Tuesday, November 19th | 1:00pm ET

Presenters:
Rose Wichmann, PT
Director of Parkinson's Programs
Struthers Parkinson's Center
Parkinson's Foundation Center of Excellence
Danielle Arigoni
Director of Livable Communities
AARP

Adolfo Diaz, BSBA, PTA - Moderator
Senior Director, Patient Services
Parkinson's Foundation

Register: Parkinson.org/ExpertBriefings
Resources

**National Helpline**
Specialists answer calls about all aspects of Parkinson’s in addition to helping you locate your local PD trained allied health professional therapist.
1-800-4PD-INFO
Helpline@Parkinson.org
Mon- Friday 9 am to 8 pm ET

**Podcast: Substantial Matters**
New episodes every other Tuesday featuring Parkinson’s experts, treatments, techniques and research.
Parkinson.org/Podcast

**Fact Sheets and Publications**
Get the resources and information you need to start living a better life with Parkinson’s.
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**PDGENEration**
Parkinson’s Foundation’s national initiative that offers genetic testing for relevant Parkinson’s-related genes and counseling at no cost.
Parkinson.org/PDGeneration
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