

GNEM SYMPOSIUM SPEAKER SERIES

presented by The Neuromuscular Disease Foundation

"Exploring Intimacy & Physical Connection for GNEM Patients and their Partners"



**Dr. Gretchen
Kubacky**



with Carol Gelbard, LCSW
NDF Emotional Wellness Director

Friday July 31, 2020
12pm PDT/3pm EDT



**NEUROMUSCULAR
DISEASE FOUNDATION**

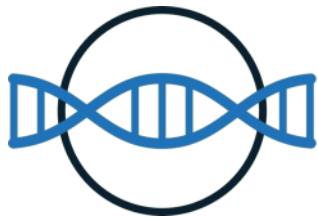
Introduction

1. How Dr. Kubacky works with NDM
2. Providing resources for patient support, recommendations for mental health practice, and context for relational thriving, even in the midst of crisis
3. Opening up creative possibilities for intimacy while living with progressive disability, crisis, and relational complications

Physical
Emotional
And Beyond...



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Speaker Series #73120

Gretchen Kubacky, Psy.D., Health Psychologist,
with Carol Gelbard, LCSW

**Exploring Intimacy & Physical Connection for
GNEM Patients and their Partners**

- **Key Takeaways:**
- Intimacy is for everyone
- Intimacy is more than sex
- Intimacy is a continuous conversation between two or more people
- Sexual technique, needs, and limitations change through the lifespan of all people
- Creating accommodations together builds intimacy
- Anticipation and mental play are key components of intimacy.
- Continuing the education and exploration