

How to Build Intimacy



- Partake in non-sexual physical touch (dancing, hugging, holding hands)
- Create daily rituals to strengthen your connection
- Set aside time to be together
- Do something fun or new together
- Share emotions and experience

Enhancing Intimacy

N Colangelo



Enhancing Intimacy:

Enhancing Intimacy in Marriage Dennis A. Bagarozzi, 2014-01-27 Most people believe that intimacy is a unitary construct that is that it is made up of only one component Dr Bagarozzi demonstrates how intimacy is comprised of at least nine separate subcomponents The degree to which partners can meet the intimacy needs of their mates in all nine areas is critical to marital satisfaction Building upon the foundations of the author s Enhancing Intimacy Program which he developed and utilized in his own practice with clients Enhancing Intimacy in Marriage explores the ways in which intimacy is demonstrated and communicated between married partners A simple questionnaire the Intimacy Needs Survey is used to help couples identify areas of satisfaction and areas where intimacy needs are not being met Clinical strategies for helping couples improve their intimacy are presented in case examples This book is unique in that it offers clinicians a step by step approach for both assessment and intervention

Reflections of a Police Psychologist Jack Digliani, 2010-06-18 Reflections of a Police Psychologist is an account of the experiences thoughts and observations of a seasoned police veteran It is written for police officers and those who would like a glimpse into the world of policing from the perspective of a former police officer and current police psychologist Dr Digliani discusses the major challenges facing those first entering police work He addresses police field training and identifies the ten police field training pitfalls The PATROL program developed to assist new officers is outlined It involves an orientation and phase meetings between new officers and the staff psychologist to support them throughout field training Dr Digliani discusses how stress management becomes life management within the concepts of life by design and life by default Inside the parameters of life management a list of Some Things to Remember functions as an instrument for transactional change The issues related to traumatic stress and exposure are discussed The insights presented originate out of years of treating officers exposed to traumatic events The role of police peer support teams is examined Models for a peer support team policy and operational guidelines are presented There is also information relating to the confidentiality of peer support interactions a topic of current controversy Traumatic incident debriefings and their applications in policing are elucidated along with phase and freeze frame models of debriefing Included is a discussion of the current efficacy research pertinent to traumatic incident debriefings Police family issues and the Foundation Building Blocks of Functional Relationships are outlined Various family patterns of interaction are identified including information for families of traumatized officers There is a discussion of coping with death and loss a critical area for police officers An exposition of mental illness and interacting with the mentally ill from a police perspective is presented Toward the end of the book the retirement transition is discussed In retirement or separation from service officers return to the civilian world Some experience difficulty with this transition Issues to consider before retirement are presented The final chapter includes the general reflections and policing history of Dr Digliani These reflections include the insights that come only with years of policing experience in several police assignments including that of staff psychologist This is an excellent book for anyone

interested in law enforcement policing and police psychology **Reflections of a Police Psychologist** Jack A. Digliani PhD EdD,2022-10-24 Reflections of a Police Psychologist is an interesting journey through the experiences thoughts and observations of a seasoned police veteran It is written for police officers and those who would like a glimpse into the world of policing from the perspective of a police psychologist Topics of discussion include transitioning into policing police and personal stress surviving critical incidents police peer support teams police marriage and family coping with death and loss mental illness interacting with persons that are mentally ill suicide and life after a police career The insights of Dr Digliani apply equally well to those outside of the policing profession Jack A Digliani is a psychologist and former deputy sheriff police officer and detective He has served as the police psychologist and peer support team clinical supervisor for the Fort Collins Police Services the Loveland Police Department and the Larimer County Sheriff s Office **The Handbook of Wellness Medicine** Waguih William IsHak,2020-08-20 Wellness medicine is the field that focuses on improving overall functioning quality of life and wellbeing beyond symptom management of medical illness leading to restoration and maintenance of health The Handbook of Wellness Medicine provides a practical guide to the latest in evidence based medicine as well as best practice to assist healthcare professionals in utilizing the full range of interventions to improve wellness and help patients complete their journeys to full health The volume is organized into five parts Part I introduces the concept of wellness by detailing the definitions and assessment measurement methods and formulating wellness plans Part II describes wellness plans in major illnesses categorized by organ system disorder Part III covers the methods to improve wellness in special populations Part IV details each wellness intervention including the scientific evidence behind it and its practical application Part V focuses on integrating and personalizing the interventions into one s life to maintain wellness Couples in Treatment Gerald R. Weeks,Stephen Treat,2001 This classic text is an indispensable resource for beginning couples therapists a concise practical guide to moving from theory and content to process and the therapist s use of self The Psychology of Romantic Relationships Ami Rokach,Erez Zverling,Ami Sha'ked,2025-08-01 Psychology of Romantic Relationships delves into the myriad factors that contribute to successful relationships Starting with Intimacy in Romantic Relationships the book unveils new facets of the complex dynamics underpinning successful marriages From the pivotal role of communication and trust to the delicate balance of gratitude and forgiveness each chapter provides insightful knowledge to understand and enhance marital bonds Furthermore the book covers additional essential aspects such as the importance of mutual respect the role of shared activities in bonding and the impact of individual growth on relationship harmony It is a must read for psychologists therapists and anyone interested in the intricacies of love Combines theoretical insights with real world applications Reviews what constitutes a marriage including trust attitudes and control Outlines the key factors that contribute to the problems and obstacles in an intimate relationship Avoid Husband-Hating After Kids:: Josh K. Edwards,2025-06-24 Avoid Husband Hating After Kids Winning Steps to Improve Your Relationship With Your Couple As

parents we embark on one of life's most rewarding and challenging adventures with our hearts filled with unconditional love for our children. However, amidst the beautiful chaos of raising kids, it's essential not to lose sight of the foundation that brought us together: the love between partners. In this book, we delve into the heart of the matter: how to navigate the ups and downs of parenthood while sustaining a thriving and loving relationship with your partner. Here is a preview of what you'll learn: Effective Communication, Bridging the Gap in Parenthood, Balancing Responsibilities, Creating a Fair Division of Labor, Prioritizing Intimacy, Reviving Romance in Busy Parenting Lives, Overcoming Resentment, Healing Wounds and Building Bridges, Embracing Change, Adapting to New Roles and Identities, Managing Stress, Strategies for Coping with Parental Pressure, Strengthening the Parenting Partnership, Teamwork and Collaboration, Resolving Conflicts, Constructive Approaches to Disagreements, Finding Balance, Juggling Work, Parenthood and Marriage, Unplugging and Connecting, Reducing Screen Time for Quality Time, Celebrating Milestones, Cherishing the Journey as a Couple, and Parents And Much, Much More. Take action now! Follow the proven strategies within these pages and don't miss out on this chance to elevate your mindset to new heights. Scroll up and grab your copy today.

Generations, 2001 **Loving** Michele M. McCarty, 1993 Making Him Buy Henry Carter Lawrence, 1910 **Marital Therapy** Joseph H. Brown, Carolyn S. Brown, 2002. This book is designed to help entry-level marital therapists learn the concepts and skills necessary for effective practice. The authors emphasize the concepts and skills necessary for effective practice and focus on the current trends toward accountability and the requirements of mental health care brought about by the managed care environment. Stressing the relational perspective, the text helps readers to learn how to develop multiple views of the problem and select appropriate skills.

The Edinburgh Review, 1894 **Older Women, Younger Men** Felicia Brings, Susan Winter, 2000. Despite famous couples, most older women have never been open to finding that special someone from the pool of younger men. Marriage Rich Wemhoff, 1999. The latest title in our popular LifeCycles series, this guidebook provides for those contemplating marriage and for couples wrestling with marital problems a clear pathway to the best books and websites available.

Love Between Men Rik Isensee, 1992-11 Communication Mosaics Julia T. Wood, 2001. Offering a holistic approach to the field of communication, this text explains the basic processes central to all communication contexts and then applies these processes to various contexts.

More Grounded Theory Methodology Barney G. Glaser, 1994 **The Resource Book** Bryan Strong, 1997 **The Gay and Lesbian Psychotherapy Treatment Planner** J. M. Evosevich, Michael Avriette, 2000. Features pre-written treatment plan components, behavioral definitions, long-term goals, short-term objectives, therapeutic interventions, and DSM-IV diagnoses for special problems faced by gay and lesbian clients. This planner includes coverage of issues such as helping gay and lesbian clients cope with adoption, abusive partners, coming out, hate crimes, internalized homophobia, rape, religious shame, AIDS, HIV, suicidal ideation, etc. Psychologists, counselors, therapists, and other professionals who work with gay and lesbian clients will find this planner invaluable.

Textbook of Homosexuality and Mental

Health Robert P. Cabaj, Terry S. Stein, 1996 Textbook of Homosexuality and Mental Health brings together in one volume the entire range of material and variety of perspectives concerning homosexuality and mental health. With more than 50 chapters written by leaders in the field, this book is the most complete review of the topics of homosexuality and mental health and treatment of gay men, lesbians, bisexuals, and transsexuals to date. Starting from the belief that homosexuality is a normal variation of human sexuality and not a mental illness, this revolutionary book presents current information on homosexuality from a mental health and medical perspective. Sections focus on demographic, cultural, genetic, biological, and psychological perspectives; development throughout the life cycle; relationships and families; psychotherapy; multicultural identities and communities; professional education and medical care. A variety of special issues such as sexuality, substance abuse, violence, suicide, religion, and HIV/AIDS are discussed. Also included are several unique chapters that cover topics not readily available elsewhere among them: transsexuality, minority gay, lesbian, and bisexual people, the impact of the sexual orientation of the therapist, latency development in prehomosexual boys, and clinical issues specific to psychotherapy with gay, lesbian, and bisexual patients. The clinical and theoretical richness contained in this volume makes it an accessible and invaluable reference for clinicians and the general public alike. Chapters complement each other while providing enough information to be useful if read on their own.

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Enhancing Intimacy Introduction

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