

Discovering a New Path after Brain Injury  
**Rebuilding Bonds: Nurturing Relationships and Intimacy after  
a Brain Injury**

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**Key Words and Definitions**

Relationships – Connections or associations between people or groups.

Intimacy – Loving, affectionate personal relationship with another person that shows emotional closeness and connection.

Communication – Exchanging ideas, thoughts, and feelings between people through verbal, nonverbal, written, or visual means.

**Takeaways**

1. Nurturing Relationships after Brain Injury:
  - Emphasize open communication and understanding.
  - Set realistic expectations and focus on strengths.
  - Celebrate small victories and express appreciation.
  - Show empathy and seek professional help when necessary.
  
2. Navigating Intimacy:
  - Redefine intimacy.
  - Problem-solve physical challenges and take things slowly.
  - Focus on pleasure rather than technique.
  - Schedule quality time and practice intimacy without pressure.
  - Feel empowered to discuss intimacy and relationship concerns with healthcare providers.
  
3. Support from Family and Friends:
  - Educate yourself about brain injuries.
  - Avoid rushing to take over tasks; instead, offer encouragement and support.
  - If you're not sure what's ok to say or do, ask.

