

Jessica Idoine

Jessica is a licensed and certified relationship and sex therapist who helps couples cultivate deeper connection, honest communication, and emotionally fulfilling partnerships. She is a thoughtful voice in conversations around sexuality, attachment, emotional wellness, and conscious partnership. Her work is centered on supporting couples and individuals who want to move beyond surface-level connection and create lasting intimacy through awareness, trust, and shared growth.

As a relationship retreat facilitator and therapist, Jessica brings a grounded, non-judgmental, and evidence-based perspective to modern relationships, with particular expertise in supporting LGBTQIA+ clients, neurodivergent couples, and non-traditional relationship structures, always emphasizing consent, safety, and affirming care.

Trained in somatic-based trauma modalities including EMDR therapy and the Trauma Resiliency Model (TRM), she integrates a nervous-system informed approach that supports emotional regulation, healing, and deeper relational safety. She is known for reframing common relationship myths, normalizing complex emotional dynamics, and helping couples define relationship "success" on their own terms, without sacrificing emotional health, mutual respect, or desire. She offers practical tools, accessible language, and real-world insights that resonate with couples and individuals navigating intimacy, conflict, and long-term connection as an ongoing practice, not just a problem to fix.

She is also the founder of **Expansive Connections Retreats** on Catalina Island, which blends research-informed relationship practices, somatic work, and experiential learning into immersive couples retreats. Through psychoeducation and partner-based practices such as breathwork, yoga, and movement, Jessica helps couples deepen emotional safety, communication, and nervous system co-regulation.



Suggested Topics:

- Why Even "Good" Relationships Benefit From Deeper Emotional Intimacy
- The Role Environment and Retreat Experiences Play in Transforming Relationships
- The Science of Connection: Interpersonal Neurobiology and the Power of Co-Regulation
- Redefining Relationship Success in Modern and Non-Traditional Partnerships
- The Practices That Repair Communication Breakdowns and Support Long-Term Connection
- Moving Beyond Maintenance Mode Toward Meaningful Partnership Growth

Suggested Questions:

- What does intentional relationship work look like for couples who aren't in crisis?
- Why do couples struggle with emotional depth & connection and what practices help couples sustain intimacy over time?
- How can stepping away from daily life through a retreat help couples reconnect?
- What misconceptions exist about non-traditional or evolving relationship structures?
- What have you learned from working with ethically non-monogamous or kink communities that applies to all relationships?
- How can couples proactively strengthen their relationship before problems arise?
- What role does neurobiology play in how couples communicate, connect, and navigate conflict?