

## Accepted Manuscript

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**1 Body Synchrony****Being together in time: Body synchrony in couples' psychotherapy**

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**Highlights:**

- Providing help to create synchrony through opening a channel that listens for non-verbal messages and finding a secure body space for each member of the couple, may summon new emotional experiences in the relationship whose source is in bodily sensation.
- Familiarity with the content the body communicates can reduce primal anxieties and prevent the use of primitive defenses in relations.
- Becoming familiar with the way the couple communicates with each other through their bodies invites discussion about embodiment and intimate ways of communication in the couple relationship.

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