

poly friendly couples therapy

Poly Friendly Couples Therapy: Nurturing Connections Beyond Monogamy

poly friendly couples therapy is an emerging and essential approach designed to support individuals and partners navigating the unique dynamics of non-monogamous relationships. As society becomes more open to diverse relationship structures, therapy that acknowledges and respects polyamory, open relationships, and other consensual non-monogamous arrangements is gaining importance. This kind of therapy provides a safe, non-judgmental space for couples and groups to explore their feelings, challenges, and communication patterns while honoring their chosen relationship styles.

Understanding Poly Friendly Couples Therapy

Traditional couples therapy often assumes monogamy as a default relationship model, which can inadvertently marginalize or misunderstand the needs of polyamorous or ethically non-monogamous partners. Poly friendly couples therapy, on the other hand, is specifically tailored to be inclusive of various relationship configurations. Therapists who specialize in this field are trained to understand the complexities of polyamory, including the need for transparent communication, boundary-setting, and managing multiple emotional connections simultaneously.

Why Choose Poly Friendly Couples Therapy?

Navigating a polyamorous relationship can be both rewarding and challenging. While the freedom to love multiple people offers richness and diversity in emotional support and companionship, it also introduces potential hurdles such as jealousy, time management, and social stigma. Poly friendly therapy helps couples or groups address these issues with empathy and practical strategies.

Some key benefits of seeking poly friendly couples therapy include:

- **Validating Relationship Structures:** Ensures that your relationship style is respected and understood, not pathologized.
- **Improving Communication:** Helps partners articulate needs, desires, and concerns openly.
- **Conflict Resolution:** Provides tools to resolve misunderstandings or disagreements constructively.
- **Navigating Jealousy and Insecurity:** Offers strategies to process complex emotions healthily.
- **Boundary and Agreement Setting:** Assists in creating clear, mutually agreed-upon guidelines for all involved.

Core Principles of Poly Friendly Therapy

Poly friendly couples therapy is grounded in principles that recognize the fluidity and diversity of human relationships. Here are some foundational elements therapists focus on:

1. Consent and Ethical Non-Monogamy

Central to polyamory and other non-monogamous relationships is the principle of informed consent. Therapists emphasize ethical practices where all parties are aware of and agree to the relationship dynamics. This includes honesty about feelings, intentions, and expectations.

2. Communication as a Lifeline

Open, honest, and compassionate communication is critical. Therapy often centers on developing skills to express emotions without blame, listen actively, and negotiate needs.

3. Flexibility and Adaptability

Relationships evolve over time, especially when multiple people are involved. Poly friendly therapy supports partners in adapting to changing circumstances, new relationships, or shifting boundaries.

4. Addressing Societal Stigma

Many polyamorous individuals face judgment or misunderstanding from family, friends, and society at large. Therapy provides a space to process these challenges and build resilience.

Common Challenges in Polyamorous Relationships and How Therapy Helps

Poly friendly couples therapy can address a variety of specific challenges often present in non-monogamous partnerships. Understanding these helps clarify why specialized therapy is beneficial.

Jealousy and Insecurity

Jealousy is a natural emotion that can arise in any relationship but may be more complex when multiple partners are involved. Therapy helps individuals explore the roots of jealousy, often linked to fear of loss or inadequacy, and develop coping mechanisms that foster security and trust.

Time Management and Prioritization

Balancing time and attention among multiple partners can be logistically and

emotionally demanding. Therapists aid couples in creating schedules and agreements that respect everyone's needs without burnout.

Navigating New Relationship Energy (NRE)

The excitement of new connections, known as New Relationship Energy, can unintentionally cause tension. Therapy provides tools to manage NRE while honoring existing commitments.

Structural and Legal Concerns

While not all polyamorous relationships encounter legal issues, some partners may face challenges related to housing, parenting, or healthcare decisions. Although therapists don't provide legal advice, they can guide couples in discussing these concerns and seeking appropriate resources.

What to Expect in a Poly Friendly Couples Therapy Session

If you're considering poly friendly couples therapy, it may help to know what a typical session could involve. Each therapist's approach varies, but common elements include:

- **Intake and Relationship Mapping:** The therapist may begin by understanding the structure of your relationships, who is involved, and the dynamics at play.
- **Goal Setting:** Partners collaboratively identify what they hope to achieve through therapy, such as improving communication or resolving specific conflicts.
- **Skill Building:** Sessions often focus on enhancing communication, emotional regulation, and boundary-setting.
- **Check-ins and Adjustments:** Progress is regularly reviewed, and therapeutic approaches are adapted as needed.
- **Inclusion of Multiple Partners:** Depending on the situation, therapy can include all partners involved or focus on a subset to address particular issues.

Choosing the Right Poly Friendly Therapist

Finding a therapist who is genuinely knowledgeable and supportive of polyamory is crucial for a positive therapeutic experience. Here are tips to help you select the right professional:

- **Look for Experience and Training:** Seek therapists who explicitly mention polyamory or ethical non-monogamy in their credentials or practice descriptions.
- **Check Reviews and Referrals:** Online reviews or recommendations from

poly communities can provide insight.

- **Ask About Their Approach:** Don't hesitate to inquire how the therapist handles polyamorous relationships and whether they have worked with similar clients.
- **Assess Comfort and Safety:** It's important that you and your partners feel safe, respected, and free from judgment in therapy.

Integrating Therapy Insights into Everyday Life

Therapy is most effective when its lessons are brought into daily living. Couples and partners can practice new communication habits, revisit agreements as needed, and maintain ongoing dialogue about their evolving needs.

Some strategies to implement post-therapy include:

- **Regular Check-Ins:** Schedule time to discuss feelings, challenges, or changes in the relationship.
- **Journaling or Reflection:** Encourage personal reflection to track emotional growth.
- **Community Engagement:** Connecting with local or online polyamory groups can provide additional support and validation.
- **Continued Learning:** Reading books, attending workshops, or following polyamory advocates helps deepen understanding.

The Growing Importance of Inclusive Relationship Support

As awareness and acceptance of diverse relationship models increase, so does the demand for services that cater to these communities. Poly friendly couples therapy not only supports healthier, happier relationships but also contributes to dismantling misconceptions about polyamory.

In embracing a poly friendly therapeutic approach, counselors and clients alike participate in creating a world where love in all its forms can be honored and nurtured. Whether you're just beginning to explore non-monogamy or have been practicing it for years, therapy that respects your relationship choices can be a powerful tool for connection and growth.

Frequently Asked Questions

What is poly friendly couples therapy?

Poly friendly couples therapy is a form of relationship counseling that is

inclusive and supportive of polyamorous relationships, helping multiple partners navigate communication, boundaries, and emotional challenges.

How does poly friendly couples therapy differ from traditional couples therapy?

Poly friendly couples therapy acknowledges and respects the dynamics of non-monogamous relationships, addressing the unique challenges and needs of multiple partners, whereas traditional couples therapy typically focuses on monogamous dyads.

What are common issues addressed in poly friendly couples therapy?

Common issues include managing jealousy, setting and respecting boundaries, improving communication among all partners, navigating time management, and addressing societal stigma.

Can poly friendly couples therapy help with communication challenges in polyamorous relationships?

Yes, one of the main goals of poly friendly couples therapy is to enhance open, honest, and effective communication among all partners involved to foster understanding and connection.

Is poly friendly couples therapy suitable for all polyamorous relationship structures?

Yes, poly friendly couples therapists are trained to work with various polyamorous structures, including triads, quads, and more complex networks, tailoring their approach to the specific needs of the individuals involved.

How can couples find a qualified poly friendly couples therapist?

Couples can find qualified therapists by searching directories specializing in LGBTQ+ and polyamory-affirming professionals, asking for recommendations from poly communities, or looking for therapists who explicitly state polyamory competence in their profiles.

What are the benefits of attending poly friendly couples therapy?

Benefits include improved trust and communication, better conflict resolution, increased emotional support, clarity around boundaries and

expectations, and overall stronger relationship satisfaction among all partners.

Additional Resources

Poly Friendly Couples Therapy: Navigating Non-Monogamous Relationships with Professional Support

poly friendly couples therapy has emerged as a specialized field within mental health services, addressing the unique needs and challenges faced by individuals engaged in consensual non-monogamous relationships. As polyamory and other forms of ethical non-monogamy gain visibility and acceptance, traditional couples therapy models often fall short in providing appropriate support. This gap has led to the development of therapeutic approaches that honor the complexities of polyamorous dynamics while fostering communication, trust, and emotional well-being among partners.

Understanding the nuances of poly friendly couples therapy requires an examination of its principles, methodologies, and the broader context in which it operates. This article explores the significance of such therapy, evaluates its benefits, and considers the evolving landscape of relationship counseling as it adapts to diverse relational structures.

The Rise of Poly Friendly Couples Therapy

The increasing prevalence of polyamorous relationships—characterized by consensual, ethical engagement with multiple partners—has challenged conventional notions of coupledness. Traditional therapy models, often designed around monogamous dyads, may inadvertently impose assumptions that marginalize or misunderstand polyamorous clients. Poly friendly couples therapy acknowledges this gap and seeks to create an inclusive, non-judgmental space for clients to explore their relationships authentically.

According to a 2021 study published in the *Journal of Sex & Marital Therapy*, approximately 4-5% of adults in the United States report engaging in consensual non-monogamy at some point in their lives. This demographic shift underscores the necessity for therapists skilled in addressing the specific dynamics of polyamory, including boundary negotiation, jealousy management, and time allocation among partners.

Core Principles of Poly Friendly Couples Therapy

Poly friendly couples therapy is grounded in several key principles that differentiate it from traditional couples counseling:

- **Non-judgmental acceptance:** Therapists approach non-monogamous relationships without pathologizing or stigmatizing them.
- **Inclusivity:** Sessions may involve one, two, or multiple partners, reflecting the relational structure of the clients.
- **Focus on communication:** Emphasis on developing open, honest dialogue among all partners to foster emotional intimacy and transparency.
- **Boundary setting and negotiation:** Supporting clients in defining and revising relationship agreements that suit their evolving needs.
- **Addressing unique challenges:** Tackling issues like compersion, jealousy, time management, and social stigma within therapy.

These principles enable therapists to tailor interventions that respect the identities and relationship configurations of polyamorous clients.

Challenges Faced by Polyamorous Couples in Therapy

Poly friendly couples therapy must navigate a range of challenges that are often absent in monogamous relationship counseling. One significant obstacle is societal stigma, which can infiltrate therapeutic settings if clinicians are not adequately trained. Misconceptions about polyamory—such as assumptions about commitment issues or immorality—can lead to invalidation of clients' experiences.

Moreover, polyamorous relationships introduce complex logistical and emotional dimensions. Managing multiple intimate connections requires balancing time, attention, and emotional resources. This complexity can exacerbate feelings of jealousy or insecurity, which therapy aims to address without defaulting to monogamous norms.

Additionally, legal and social recognition for polyamorous families remains limited, impacting couples' ability to navigate external pressures such as housing, healthcare, and parenting. Therapy that is poly friendly often extends its scope to help clients develop coping strategies for these systemic challenges.

Comparing Poly Friendly Therapy to Traditional Couples Counseling

While traditional couples therapy focuses on resolving conflicts and

improving communication between two partners, poly friendly couples therapy adapts these goals to accommodate multiple partners and non-traditional relationship frameworks.

Key differences include:

- **Multiplicity of participants:** Poly friendly therapy may involve triads, quads, or larger configurations, requiring flexible session structures.
- **Expanded scope of relationship agreements:** Instead of monogamous exclusivity, therapy addresses negotiated boundaries and consent among all partners.
- **Normalization of non-monogamous desires:** Therapists validate polyamorous orientations rather than attempting to "correct" them.
- **Complex emotional dynamics:** Handling layered experiences of jealousy, compersion (joy in a partner's happiness with others), and poly-specific identity issues.

These adaptations make poly friendly couples therapy a distinct and necessary specialization within relationship counseling.

Benefits and Limitations of Poly Friendly Couples Therapy

The tailored support offered by poly friendly couples therapy presents several advantages. Clients report improved communication and emotional management skills, leading to stronger relational bonds and reduced conflict. Therapists trained in polyamory can assist clients in developing personalized relationship agreements that promote autonomy and mutual respect.

Additionally, therapy provides a safe space to explore feelings of insecurity or jealousy without judgment, helping partners cultivate compersion and resilience. This supportive environment can mitigate the isolation and misunderstanding often experienced by polyamorous individuals.

However, there are limitations to consider. Access to qualified poly friendly therapists remains uneven, with many regions lacking professionals versed in ethical non-monogamy. Furthermore, insurance coverage for such specialized therapy is inconsistent, potentially creating financial barriers.

Another challenge lies in societal attitudes; external stigma can influence clients' willingness to engage fully in therapy or disclose aspects of their relationships. Therapists must be vigilant in creating affirming environments

and advocating for broader acceptance.

Emerging Trends and Future Directions

As awareness of polyamory grows, so too does the demand for competent, poly friendly therapeutic services. Training programs and continuing education initiatives are increasingly incorporating modules on consensual non-monogamy to equip clinicians with the necessary skills.

Technological advancements have also expanded access through online therapy platforms that specialize in or accommodate polyamorous clients. These virtual settings can offer greater anonymity and convenience, addressing some barriers to seeking help.

Research continues to explore the efficacy of poly friendly couples therapy, with preliminary data suggesting positive outcomes in relationship satisfaction and mental health. Continued empirical study will be critical for refining best practices and informing clinical guidelines.

Efforts toward legal recognition and social acceptance may further influence therapeutic approaches, as therapists integrate advocacy with clinical care to support polyamorous individuals navigating systemic obstacles.

Poly friendly couples therapy represents a progressive shift in relationship counseling, aligning clinical practice with the evolving realities of human connection. By embracing diversity in relational models, this therapeutic approach fosters understanding, communication, and emotional well-being for those who choose to love beyond monogamy.

[Poly Friendly Couples Therapy](#)

poly friendly couples therapy: Foundations for Couples' Therapy Jennifer Fitzgerald, 2017-02-03 As a quality resource that examines the psychological, neurobiological, cultural, and spiritual considerations that undergird optimal couple care, Foundations for Couples' Therapy teaches readers to conduct sensitive and comprehensive therapy with a diverse range of couples. Experts from social work, clinical psychotherapy, neuroscience, social psychology, and health respond to one of seven central case examples to help readers understand the dynamics within each partner, as well as within the couple as a system and within a broader cultural context. Presented within a Problem-Based Learning approach (PBL), these cases ground the text in clinical reality. Contributors cover critical and emerging topics like cybersex, emotional well-being, forgiveness, military couples, developmental trauma, and more, making it a must-have for practitioners as well as graduate students.

poly friendly couples therapy: Clinical Handbook of Couple Therapy Jay L. Lebow, Douglas K. Snyder, 2022-09-13 Now in a significantly revised sixth edition with 70% new material, this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today. Prominent experts present effective ways to reduce

couple distress, improve overall relationship satisfaction, and address specific relational or individual problems. Chapters on major approaches follow a consistent format to help readers easily grasp each model's history, theoretical underpinnings, evidence base, and clinical techniques. Chapters on applications provide practical guidance for working with particular populations (such as stepfamily couples and LGBT couples) and clinical problems (such as intimate partner violence, infidelity, and various psychological disorders). Instructive case examples are woven throughout. New to This Edition *Chapters on additional clinical approaches: acceptance and commitment therapy, mentalization-based therapy, intergenerational therapy, socioculturally attuned therapy, and the therapeutic palette approach. *Chapters on sexuality, older adult couples, and parents of youth with disruptive behavior problems. *Chapters on assessment and common factors in couple therapy. *Chapters on cutting-edge special topics: relationship enhancement, telehealth interventions, and ethical issues in couple therapy. See also Snyder and Lebow's *What Happens in Couple Therapy*, which presents in-depth illustrations of treatment.

poly friendly couples therapy: Affirmative Psychotherapy with Bisexual Women and Bisexual Men Ronald C. Fox, 2014-01-14 Learn the latest practical and bisexually affirmative approaches to helping bisexual clients Clinical work with bisexual clients has conceptually shifted beyond the exclusive emphasis on either straight or lesbian and gay issues. There are still, however, too few psychotherapists who provide affirmative psychotherapy specific to bisexual concerns. *Affirmative Psychotherapy with Bisexual Women and Bisexual Men* addresses the issues of bisexuals with an accepting and affirmative perspective, providing therapists with the latest viewpoints, strategies, and research to effectively treat bisexual clients. Leading authorities with affirmative-to-bisexuals perspectives discuss problems specific to bisexuals and their lifestyles, with an eye toward providing practical, effective therapy. Unique bisexual lifestyle concerns are examined, such as transgender issues, polyamory, older bisexual women and men, and cultural differences, while providing an emphasis on cultivating well-being and a sense of community in bisexual clients. *Affirmative Psychotherapy with Bisexual Women and Bisexual Men* sensitively avoids the double standard long held by therapists clinically treating heterosexual or lesbian and gay individuals, showing that an affirmative viewpoint is valid and crucial for the effective treatment of bisexuals. This source clearly explains practical strategies and discusses the latest research on bisexual issues such as age, culture, heterosexual and bisexual mixed couples, and the polyamorous lifestyle with appropriate acceptance and understanding. The book also explores useful ways to develop successful health and support services specific to bisexual needs. Topics in *Affirmative Psychotherapy with Bisexual Women and Bisexual Men* include: affirmative psychotherapy techniques specific to bisexual women and bisexual men need for validation of bisexuality ways for clients to come to terms with their bisexuality practical value and shortcomings of the main therapeutic schools in providing effective psychotherapy transgender bisexuality, with illustrative case studies needs and issues of African-American bisexual clients bisexual aging issues counseling heterosexual spouses of bisexual women and men therapy approaches for clients who are bisexual and polyamorous recognizing and addressing the specific needs of different sub-groups of bisexual people and more! *Affirmative Psychotherapy with Bisexual Women and Bisexual Men* is a crucial addition to the literature of bisexual psychotherapy and is invaluable to counselors, psychotherapists, marriage and family therapists, social workers, psychiatrists, sex therapists, researchers, and educators in the fields of psychology, sociology, anthropology, sexuality, sex education, adolescent and adult development, and community mental health.

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practices in affirmative therapy, inspiring therapists to guide LGBTQ clients into deconstructing the heteronormative power imbalances that undermine LGBTQ relationships and families. There is also an increased focus on clinical application, with fresh vignettes included throughout to highlight effective treatment strategies. Couple and family therapists and clinicians working with LGBTQ clients, and those interested in implementing affirmative therapy in their practice, will find this updated handbook essential.

poly friendly couples therapy: Polyamory Martha Kauppi, 2021-05-15 Your favorite long-term client tells you they want to open up their relationship. Are you ready to help them? This groundbreaking guide to consensual nonmonogamy offers a reading experience that feels like consulting with a trusted advisor. Martha Kauppi equips you with the skills to be a true ally to clients who want to explore polyamory. Learn from the expert who trains experts as she debunks myths and shares the exact tools she uses with her own clients. Flip to any chapter for an understanding of what is possible, where things break down and why, and how to help. You'll learn how to conceptualize complicated relational dynamics in a way that leads to effective treatment, and how to identify and disrupt maladaptive relational patterns without perpetuating negative cultural bias. A must-read for anyone looking for a framework to simplify the complexities of polyamory.

poly friendly couples therapy: *Becoming a Kink Aware Therapist* Caroline Shahbaz, Peter Chirinos, 2016-10-04 As a result of recent media interest, the practice of BDSM has become more mainstream yet remains marginalized. Now more than ever, greater numbers of heterosexual and LGBTQ couples are starting to explore some form of BDSM. However, profound misunderstandings continue leading to unintentional physical and psychological harm. Drawing on current research and ethnographic narratives from the kink community, this book seeks to provide psychotherapists with an introductory understanding of the culture and practice of BDSM, and presents specific therapeutic concerns related to common misconceptions. This book strives to de-pathologize BDSM practices, while also providing concrete ways to distinguish abuse from consent, harmful codependency, and more. Packed with practical suggestions and rich case studies, this book belongs on the shelf of every therapist seeing BDSM and kink clients.

poly friendly couples therapy: Sex Therapy with Erotically Marginalized Clients Damon Constantinides, Shannon Sennott, Davis Chandler, 2019-03-28 Sex Therapy with Erotically Marginalized Clients: Nine Principles of Clinical Support provides a clinical guide to relational sex therapy with individuals, partnerships, polyships, and alternative family structures where one or more of the clients are erotically marginalized. This term refers to people who are at risk of being pathologized and oppressed both outside and inside the clinical setting due to their gender identities, sexual orientations, or sexual practices. The book outlines nine principles for therapeutic practice which meet the needs of erotically marginalized clients, whose forms of sexuality and desire are rarely spoken about and for whom there is a dearth of language in therapeutic contexts. Each principle concludes with a series of 'key points' and then followed by illustrative clinical case studies, contributed by sex therapists and clinicians who self-identify as erotically marginalized and who also work with erotically marginalized clients. The book also provides a full glossary, 'Defining Erotically Marginalized Identities'. The authors and case contributors use a radical and affirming lens to examine erotically marginalized identities that are often neglected. The book bridges gaps between the past, present, and future in the field of sex therapy and greatly expands the diversity of experiences and identities within the field, particularly the experience of multiple oppressions. The book marks a valuable contribution not only to sex therapists but to the wider clinical and therapeutic community.

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stigmatized—client population with affirmative, research-based, ethical care. Readers will learn basic information related to the development of their own unique relational information, acquire knowledge about CNM and CNM-focused communities, discern how identity, culture, and community impact intimacy and functioning, and take away practical recommendations, insights, and tools to promote CNM-affirming practice across settings, services and populations.

poly friendly couples therapy: *A Clinician's Guide to Systemic Sex Therapy* Nancy Gambescia, Gerald R. Weeks, Katherine M. Hertlein, 2020-12-21 This new edition of *A Clinician's Guide to Systemic Sex Therapy* integrates the latest empirical research from the field of sex therapy and demonstrates how clinicians can optimize their treatment for a wide range of clients. Grounded in the Intersystem Approach, the book incorporates the multifaceted perspectives of the individual client, couple, or family. It considers every domain of assessment and treatment: biology, psychology, the intimate relationship, family-of-origin, and larger contextual factors contributing to any sexual/relational issue. This revised edition contains 13 chapters consistent with the DSM-5 definitions of sexual disorders and features new content on areas including LGBTQ+ issues, non-monogamous relationships, intersex clients, and an increased focus on issues surrounding sexual diversity. The authors of this award-winning text have set out a cutting-edge framework for clinicians looking to develop a comprehensive understanding of sexual issues, which will be an essential reference point for beginning and seasoned therapists alike. The 2nd edition of *A Clinician's Guide to Systemic Sex Therapy* won the AASECT Book Award and Best Integrative Approach to Sex Therapy Award, 2017

poly friendly couples therapy: *Becoming Visible* Beth A. Firestein, 2007 *Becoming Visible* offers cutting-edge psychological perspectives on bisexual and queer identities and the cultural and mental health issues facing bisexual, lesbian, gay, queer, and questioning individuals and their partners. Essential for any professional seeking to provide best practice services to this population, *Becoming Visible* addresses the therapeutic needs of bisexuals at every stage of the life cycle. This volume explores why some people resist identity labels and what bisexual men and women consider exemplary and harmful in their therapeutic experiences. It also helps practitioners distinguish between the stresses brought on by being part of a sexual minority and the clinical symptoms that indicate serious mental health issues. It includes research on ethnic minority bisexuals, youth, elders, gender-variant individuals, and bisexuals engaging in alternative lifestyles and sexual practices such as polyamory and BDSM. Edited by a psychologist who specializes in sexual-orientation and gender-identity issues and with contributions from scholars and professionals from multiple disciplines, the book embraces perspectives from the empirical to the phenomenological, and outlines both scientific and practice-based approaches to the subject while carefully considering the psychological, cultural, and spiritual dimensions of the issues confronting bisexual men and women. *Becoming Visible* is a crucial step in the improved mental health and well-being of bisexuals, transgender individuals, and other sexual minorities. This book offers a path toward awareness and compassion for those who seek to understand, treat, and empower this underserved and frequently misunderstood group of mental health clients.

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across theoretical backgrounds. Whether you are a trainee or qualified psychotherapist, counsellor, nurse, medic, psychiatrist, social worker or applied psychologist, this is a vital text for your professional practice. CHRISTINA RICHARDS is Senior Specialist Psychology Associate at the West London Mental Health NHS Trust (Charing Cross) Gender Identity Clinic. MEG BARKER is a senior lecturer in psychology at the Open University and a sex and relationship therapist.

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poly friendly couples therapy: Sensate Focus in Sex Therapy Linda Weiner, Constance Avery-Clark, 2017-02-24 *Sensate Focus in Sex Therapy: The Illustrated Manual* is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

poly friendly couples therapy: Relationally Queer Silva Neves, Dominic Davies, 2023-04-10 *Relationally Queer* explores diverse intimate relationship styles and the connections with self for clinicians interested in gender, sex and relationship diversity. Offering readers a more inclusive and queer-friendly way of thinking about relationships, the book covers a range of topics that include intersectionality, consensual non-monogamy, working with shame, intimate partner violence, religious identities, and living with HIV. Exploring beyond a Eurocentric perspective, the book features a chapter on African-centred therapy and also includes the relationships of often erased populations such as bisexual people, sex workers, people with chronic health issues and trans

people. The book will help psychosexual and relationship therapists, counsellors and psychologists who work with clients of diverse genders, sexualities and relationships.

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poly friendly couples therapy: *Dating My Brother's Best Friends* Virna DePaul, 2020-12-11 My brother was doing me a favor when he asked his two best friends if one could be my date to a fancy work party. Unfortunately, BOTH of them showed up and now my rigid boss, who didn't like me to begin with, thinks I'm in a polyamorous relationship. The kicker? She's proud of me because it turns out she's in a (secret) poly relationship too. When I try to tell my boss the truth, things don't go well. Now, to keep my job, I'm faking a relationship with Landry, the happy-go-lucky charmer trying to mask his pain, and Fletcher, my bearded, tattoo artist ex-boyfriend holding a grudge. Soon, I'm creating spreadsheets to keep our facts straight, attending swanky parties at my boss's (aka my new best friend's) mansion, and even attending couples therapy. Then things get complicated... Now it's not just my career on the line, but my heart. Because Landry and Fletcher agreed to fake it, and I've fallen in love...with both of them.

poly friendly couples therapy: Quickies: The Handbook of Brief Sex Therapy (Third Edition) Douglas Flemons, Shelley Green, 2018-01-09 Effective, brief techniques for therapists to support their clients in having satisfying sex lives. Quickies demonstrates that the best sex therapy is often the briefest, presenting readers with a refreshing array of time-efficient, client-focused approaches to sexual problems. The third edition includes new chapters on the impact of the Internet in relationships, infidelity, and same-sex and transgender affirming therapy.

poly friendly couples therapy: With Pleasure August McLaughlin, Jamila Dawson, 2021-09-14 A companion for anyone experiencing the effects of trauma, featuring true stories of survivors from a broad, inclusive range of backgrounds With Pleasure: Managing Trauma Triggers for More Vibrant Sex and Relationships is a companion for anyone experiencing the effects of trauma. Through true survivor stories, expert insight, writing prompts, and grounding exercises, it explores pleasure, relationships, and community as worthy and essential antidotes in trying times. Written by trauma-informed sex therapist Jamila Dawson, LMFT, and sexuality journalist and podcaster August McLaughlin, With Pleasure provides a much-needed alternative to harmful self-help ideologies that instruct people to change their thoughts or choose to be happy. Instead, Dawson and McLaughlin encourage readers to respect their feelings, understand the complexities of a society and systems that fuel trauma, foster self-compassion, and embrace pleasure.

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