

**Orienting to the Strengths and Challenges of Relational Therapy with LGBTQIA +, Gender Non-Conforming, Kinky, Polyamorous, Swingers, and Consensually Non-Monogamous Relationships & Identities**

Sexual Identity, Gender Identity: Staying Current in a Rapidly Changing Landscape

October 26, 2019

Joseph Winn MSW, LICSW, CST-S  
 114 Commonwealth Avenue  
 Concord, MA. 01742  
 (617) 461-8479  
 E-mail: josephwinnlicsw@hotmail.com

1

---

---

---

---

---

---

---

---

**Goals for today**

1. Identify & challenge clinical biases & sexological worldviews that undermine systemic work with LGBTQIA +, gender non-conforming, kinky, polyamorous, & CNM relational relational systems;
2. Utilize differentiation, intersectionality & queer theory to challenge heteronormative constructs of health and pathology when working with LGBTQIA +, gender non-conforming, kinky, polyamorous, and CNM relational systems;
3. Develop relational contracting skills as a tool that can benefit all styles of interpersonal relational systems.

2

---

---

---

---

---

---

---

---

**The World Health Organization**  
 Defining sexual health & relational health

- ...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.
- **Sexual health requires a positive and respectful approach to sexuality and sexual relationships**, as well as the possibility of having pleasurable & safe sexual experiences, free of coercion, discrimination and violence.
- For sexual health to be attained & maintained, the sexual rights of all persons must be respected, protected and fulfilled. (*WHO, 2006a*)

3

---

---

---

---

---

---

---

---

### What is sex?

Clarifying language, meaning & behavior: The need for *specificity*

- Sanders, et al, (2010) Phone interviewed 486 (n=204 men, n= 282 Female) randomly sampled, primarily white & heterosexual, participants ranging in age from 18-96.
- What activities are indicative of having "had sex?"

---

---

---

---

---

---

---

---

4

### What is sex?

*Specificity is imperative: Clarifying language, meaning & behavior*

- **No single behavior was universally considered as having "had sex"**
- **95% considered PIV intercourse as having "had sex"**
- 89% considered PIV as **not** having "had sex" **in the absence of ejaculation**
- 77% of men  $\geq 65$  **did not** consider PIV indicative of having "had sex"
- **81% considered penis in anus intercourse as having "had sex"**
- 77% of men 18-20 felt PIA was **NOT** indicative of having "had sex"
- 50% of men & 67% of women  $> 65$  felt PIA was **NOT** sex
- **71% of men & 73% of women saw oral genital contact as "having had sex"**
- 50% felt mutual masturbation **was not** indicative of having "had sex"

---

---

---

---

---

---

---

---

5

### Principles of Sexual Health

Braun-Harvey & Vigorito (2016), Braun-Harvey (2009)

- Consent
- Non-Exploitative
- STI's, HIV & pregnancy prevention
- Honesty
- Shared values
- Mutual pleasure
- **listen for these principles as we move through this presentation**

---

---

---

---

---

---

---

---

6

### Strengths in CNM, poly, swinging relationships

- Sheff (2014) interviewing poly families stated her sample experienced **greater honesty and emotional intimacy**, distribution of household & financial responsibilities, greater time spent with children, children having access to multiple role models and **individual time spent with partners**.
- Séguin et al (2017) exploring relational quality & sexual satisfaction in a Canadian sample of N=3463 self identified gay, lesbian, bisexual, pansexual, two-spirit, queer, questioning & heterosexual people who also engaged in monogamy, CNM or poly relationships found **no statistical or qualitative differences in relational or sexual satisfaction in their sample**.

---

---

---

---

---

---

---

---

7

### Agreements in CNM

Negotiating CNM, polyamory and swinging (Taormino, 2008, Veaux & Rickert 2014)

- What is *our form* of CNM? Open, monogamish, swinging, poly, etc.?
- What are *our agreements*? fluid bonding, PrEP, nPEP & STI/HIV testing?
- *How do we support one another*; NRE, jealousy, desire for personal time?
- Do *we* want to develop connections with our partners partners?
- Do *we* have veto power over partner choice?
- What are our *relational boundaries*?
- Are *our relationships* hierarchical e.g., primary, secondary, etc., or flat
- Where and *how do we manage* being out vs. closeted?

---

---

---

---

---

---

---

---

8

### Strengths of kinksters & kinky relationships

- Dunkley & Brotto (2019) suggest that **the specificity involved in negotiating rules, roles, boundaries and limits in BDSM / kink should be a model for how to discuss sexual consent** in educational and relational contexts.
- Wismeijer, & van Assen (2013) comparing the personality traits of BDSM/Kink practitioners against a control group, found **less neuroticism, higher extroversion, greater openness to new experiences, more conscientious, less rejection sensitivity and a higher sense of well being** suggesting BDSM/kink practitioners demonstrate greater interpersonal & psychological strength & autonomy.

---

---

---

---

---

---

---

---

9

### Consent, pleasure & negotiation in BDSM/Kink

- Consent is a central tent of BDSM/Kink
- These agreements frame how a scene will evolve & how it can end;
  - Safe words
  - After care
  - Debrief
- SSC: Safe Sane and Consensual
- RACK: Risk Aware Consensual Kink
- 4 C's Caring, Communication, Consent and Caution
- These models hold space to explore fantasy, pleasure, desire & consent

---

---

---

---

---

---

---

---

10

### Strengths of LGBTQQIA + people & relationships

- Rostosky et al (2017) exploring the relational strengths of same sex couples via peer reviewed empirical data identified 3 **positive relationship processes**, 1) respecting & appreciating individual differences, 2) generating positive emotions & interactions, 3) effectively communicating & negotiating and 4 **positive relationship characteristics** 1) perceived intimacy, 2) commitment, 3) egalitarian ideals & 4) outness to self, family and community. **The authors also found greater comfort in moving past gender roles.**
- Riggle et al (2011) reviewing the positive aspects of N=61 survey respondents who self disclosed a trans identity reported 8 common themes among their sample, 1) congruency of self, 2) **enhanced interpersonal relationships**, 3) personal growth and resiliency, 4) **increased empathy**, 5) unique perspectives on genders, 6) living beyond the gender binary, 7) increased activism & 8) connection to LGBT communities.

---

---

---

---

---

---

---

---

11

### Who is not adequately represented in the research?

- Patterson (2018) in his book 'Love is not color blind: Race and representation in polyamorous and other alternative communities' discusses how tokenism, class exclusion, fetishization & racism make it difficult for POC to feel welcomed in CNM, poly, swinging & BDSM/Kink communities.
- Sheff & Hammers (2014) in their paper "The privilege of perversities" discuss the absence of non-white voices and sexual, relational & romantic styles in CNM, polyamory and BDSM / kink.
- The sexual, relational & erotic experiences of intersex people remains largely unstudied

---

---

---

---

---

---

---

---

12

### Group question

Don't be shy! Just shout out some answers!

- What are the challenges posed to relational therapy with LGBTQQIA +, Gender Non-Conforming, Kinky, Polyamorous, Swingers, and Consensually Non-Monogamous Relationships & Identities?
- Why are these strengths not integrated into *non-queer* relationships?
- Why are these populations maligned?

---

---

---

---

---

---

---

---

13

### Some systemic hypotheses

*The personal is political & clinical*

- Systemic racism, classism, misogyny, heteronormativity, ableism & ageism
- Lack of training in human sexuality, sexological research & worldviews
- Training in models that focus on dyads, heteronormativity & monogamy
- Rigid model adherence vs. adaptive integration & client focus
- Eroticized countertransference, confirmation bias & conflict avoidance

---

---

---

---

---

---

---

---

14

### Reflections for clinicians

*Understanding how we've come to think about sex, eroticism & variance*

- How was sexuality discussed in your family of origin?
- What did you learn about sexuality, monogamy & non-monogamy?
- How do race, class, gender, faith & ethnicity impact your view of sexuality?
- Does your sexual orientation impact your world view on sex?
- How do your sexual practices & eroticism shape your sexual world view?
- If you do not have sex how might this impact your sense of sexuality?
- What sexual practices do you view positively & negatively?
- When does 'variance' become 'pathology' in your world view?

---

---

---

---

---

---

---

---

15

## Re-orienting to systemic practice

Exploring macro & mezzo and micro systems in clinical practice

- **Intersectionality:** (Taylor & Hines 2011, Taylor, 2011, Bernstein-Sycamore 2008, 2006)
- **Queer Theory through a narrative lens:** (Steelman, 2016, Argillo, 2016, McDowell, 2015)
- **Person of the therapist:** (Aponte, 2016, 1994, 1992)
- **Sexological world view:** (Sitron & Dyson, 2012)
- **Joining:** (Anderson, 1995, White & Epston 1990, Minuchin & Fishman, 1981, Minuchin 1974)
- **Systemic intervention:** The collaborative ability move from stuckness to evolution

16

---

---

---

---

---

---

---

---

## Differentiation

- Rooted in Bowen (1974), Bader & Pearson (1988), & Schnarch (1991) differentiation is the process of remaining connected while revealing oneself to others through vulnerability, honesty & the clarification of boundaries, needs & desires while resisting the pull for reactivity from others, regardless of outcome.
- **2 Choice dilemmas;** Wanting 2 things simultaneously but having to choose one
- **I to I:** A conversation where partners practice listening & practicing differentiation\*
- **Solid Flexible Self;** Remaining centered when other try to pressure you to change
- **Quiet Mind-Calm Heart:** Remaining calm, soothing & regulating hurts & anxieties
- **Grounded Responding:** Remaining present & not overacting to a partners upset
- **Meaningful Endurance:** Tolerating discomfort for personal & relational growth.

17

---

---

---

---

---

---

---

---

## Sexological theories that re-orient relational therapy

we're not as static as we think we are

- **Sexual configurations model** (Van Anders, 2015): Sexuality, gender & relationships are fluid, dynamic & evolve over time resulting in attractions to different genders, body types, number of partners, levels of sexual desire, ages of partners & roles taken in erotic & sexual encounters. Desire, need, attraction & eroticism are > Gender/Sex.
- **Sexual fluidity:** Diamond (2008), Kleinplatz & Diamond (2014) Sexualities are more fluid than we think. Bisexuality is more common than regularly understood. *Born that way - maybe not all the time.*
- **Optimal Sexuality Model** (Kleinplatz et al., 2009, 2013) a grounded theory model, Kleinplatz found that regardless of age, duration of relationship, sexual orientation, gender identity, erotic & relational variance; sexually & relationally satisfying partnerships consistently demonstrate **high levels of 1) vulnerability, 2) risk taking, 3) authenticity, 4) strong interpersonal communication, 5) comfort with engaging & managing conflict (NOT co-regulation)**

18

---

---

---

---

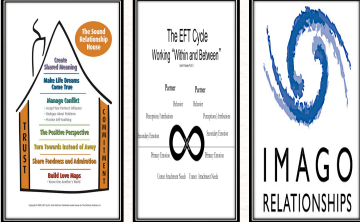
---

---

---

---

**Application of concepts to practice**  
know the models strengths and limits & your preference for working with them



*Insert your preferred relational & couples therapy models & world views here!*

---

---

---

---

---

---

---

---

19

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

### **Suggested Readings**

#### **Orienting to the Strengths and Challenges of Relational Therapy with LGBTQQIA +, Gender Non-Conforming, Kinky, Polyamorous, Swingers, and Consensually Non- Monogamous Relationships & Identities**

- Aponte, H., Kissel, K. (2016). *The person of the therapist training model: Mastering the use of self*. New York, NY: Routledge.
- Aponte, H. J., Powell, F. D., Brooks, S., Watson, M.F., Litzke, C., Lawless, J., & E. Johnson. (2009). Training the person of the therapist in an academic setting. *Journal of Marital and Family Therapy*, 35(4), 370–380.
- Aponte, H. (1994). How personal can training get? *Journal of Marriage and Family Therapy*, 20(1), 3-15.
- Aponte, H. J. (1992). Training the person of the therapist in structural family therapy. *Journal of Marital and family therapy*, 18(3), 269-281.
- Argüello, T. M. (2016). Festishizing the health sciences: Queer theory as an intervention. *Journal of Gay and Lesbian Social Sciences*, 28(3), 231-244.
- Bader, E., Pearson, P. (1988). *In quest of the mythical mate: A developmental approach to diagnosis and treatment in couples therapy*. Florence, KY: Brunner/Mazel.
- Barker, M. J., Scheele, J. (2016). *Queer: A graphic history*. Berkeley, CA: Publishers Group West.
- Berry, M. D., Barker, M. (2014). Extraordinary interventions for extraordinary clients: existential sex therapy and open non-monogamy. *Sexual and relationship Therapy*, 29(1), 21-30.
- Bairstow, A. (2017). Couples exploring nonmonogamy: Guidelines for therapists. *Journal of Sex and Marital Therapy*, 43(4), 343-353.
- Bering, J. (2014). *Perv: The sexual deviant in all of us*. New York, NY: Scientific American / Farrar, Straus and Giroux.
- Berstein-Sycamore, M. (Ed.). (2006). *Nobody passes: Rejecting the rules of gender and conformity*. Emeryville, CA: Seal Press.
- Berstein-Sycamore, M. (Ed.). (2008). *That's revolting: Queer strategies for resisting assimilation*. Berkley, CA: Soft skull Press.
- Bettinger, M. (2005). A family systems approach to working with sexually open gay male couples. *Journal of Couple & Relationship Therapy*, 4(2-3), 149-160.



Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

Braun-Harvey, D., Vigorito, M. A. (2016). Treating out of control sexual behavior. Rethinking sex addiction. New York: NY. Springer Publishing Company.

Braun-Harvey, D. (2009). Fundamental principles of sexual health for group psychotherapists and their groups. *Group Therapy with Lesbian, Gay, Bisexual and Transgender Populations*. 33(3), 257-271

Brooks, G. R., Elder, W. B. (2012). Sex therapy for men. Resolving false dichotomies. In, Kleinplatz, P. J. (Ed.), *New directions in sex therapy* (2<sup>nd</sup> Edition). New York, NY: Routledge.

Brown, T. N. (2003). Critical race theory speaks to the sociology of mental health: Mental health problems produced by racial stratification. *Journal of Health and Social Behavior*. 44, 292-301.

Binik, Y. M., Hall, K. S. K. (Eds.). (2014). Principles and practices of sex therapy (5<sup>th</sup> Ed.). New York, NY: The Guilford Press.

Butler, J. (1990). Gender trouble. New York: NY. Routledge.

Cole, E. (2009). Intersectionality and research in psychology. *American Psychologist*. 64(3), 170-180.

Conley, T. D. et al. (2012). Unfaithful individuals are less likely to practice safer sex than openly non-monogamous individuals. *The Journal of Sexual Medicine*, 9(6), 1559-1965.

Conley, T. D., Matsick, J. L., Moors, A. C., & Ziegler, A. (2017). Investigation of consensually nonmonogamous relationships: Theories, Methods, and new directions. *Perspectives on Psychological Science*, 12(2), 205-232.

DeLamater, J. D., Hyde-Shibley, J. (1998). Essentialism vs, social constructionism in the study of human sexuality. *The Journal of Sex Research*, 35(1), 10-18.

Delgado, R. & Stafanic, J. (2012). Critical race theory (2<sup>nd</sup> Ed.). New York: NY. New York University Press.

Diangelo, R. (2018). White fragility: Why it's so hard for white people to talk about race. Boston, MA: Beacon Press Books.

Diangelo, R. (2016). What does it mean to be white? Developing white racial literacy - Revised edition. New York: NY. Peter Lang Publishing.

Dunkley, C., R. & Brotto, L.,A. (2019). The role of consent in the context of BDSM. Clinical Report. *Sexual Abuse* 00(0). 1-22

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

Easton, D. & Hardy, J. W. (2009). *The ethical slut: A practical guide to polyamory, open relationships & other adventures*. (2<sup>nd</sup> Edition). New York, NY: Celestial Arts.

Ericson-Schroth, L (Ed.) (2014). *Trans bodies, Trans Selves: A resource for the transgender community*. New York, NY: Oxford University Press.

Ferguson, R. A. (2004). *Aberrations in black: Toward a queer of color critique*. Minneapolis, MN: University of Minnesota Press.

Ferdman, B.M. & Gallegos, P. I. (2001). Latinos and racial identity development. In C. L. Wijeyesinghe & B. W. Jackson III (Eds.), *New perspectives on racial identity development: A theoretical and practical anthology* (pp. 32-66). New York: New York University Press.

Girard, A., & Brownlee, A. (2015). Assessment guidelines and clinical implications for therapists working with couples in sexually open marriages. *Sexual and Relationship Therapy*, 30(4), 462-474,

Grunt-Mejer, K., & Campbell, C. (2016). Around consensual nonmonogamies: Assessing attitudes toward nonexclusive relationships. *Journal of Sex Research*, 53(1), 45-53.

Hannah M.E., Rogak, Connor J. (2018) Practice of consensual BDSM and relationship satisfaction, *Sexual and Relationship Therapy*, 33:4, 454-469

Hauptert, M. L., Gesselman, A. N., Moors, A. C., Fisher, H. F., & Garcia, J. R. (2016). Prevalence of experiences with consensual nonmonogamous relationships: Findings from two national samples of single Americans. *Journal of Sex and Marital Therapy*, 43(5), 424-440.

Hines, S. (2011). Sexing gender; Gendering sex: Towards an intersectional analysis of transgender. (pp. 140-162). In, Taylor, Y., Hines, S., Casey, M. E. (Eds.). *Theorizing Intersectionality and sexuality*. New York, NY. Palgrave Macmillan.

Hutzler, K. T., Giuliano, T. A., Herselman, J. R., & Johnson, S. M. (2016). Three's a crowd: public awareness and (mis)perceptions of polyamory. *Psychology and Sexuality*, 7(2), 69-87.

Jordan, L. S., Grogan, C., Muruthi, B., & Bermúdez, J. M. (2017). Polyamory: Experiences of power from without, from within, and in between. *Journal of Couple and Relationship Therapy*, 16(1), 1-19.

Kahr, B. (2008). *Whose been sleeping in your head: The secret world of sexual fantasies*. New York, NY: Basic Books.

Kaschak, E. & Tiefer, L. (Eds.). (2001). *A new view of women's sexual problems*. Binghamton, NY: The Hawthorn Press.

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

McDowell, T. (2015). Queer theory in the practice of family therapy, In McDowell, T., Applying critical social theories to family therapy practice, (pp. 45-51). AFTA New York, NY: Springer Briefs.

Ménard, A. D., Kleinplatz, P. J., Rosen, L., Lawless, S., Paradis, N., Campbell, M., and Hubner, J.D. (2014). Individual and relational contributions to optimal sexual experiences in older men and women. *Sexual and Relational Therapy*, 30 (1), 78-93

Kleinplatz, P. J., & Diamond, L. M. (2014). Sexual diversity. In, Toleman, D. L., & Diamond, L. M. (Eds.). APA handbook of sexuality and psychology. (pp. 245-267). Washington, D.C: American Psychological Association.

Kleinplatz, P. J., Ménard, A. D., Paradis, N., Campbell, M., and Dalglish, T. L. (2013). Beyond sexual stereotypes: Revealing group similarities and differences in optimal sexuality. *Canadian Journal of Behavioural Science / Revue canadienne des sciences du comportement*, 45(3), 250-258.

Kleinplatz, P. J. (Ed.). (2012). New directions in sex therapy: Innovations and alternatives. New York, NY: Routledge. New York, NY: Routledge.

Kleinplatz, P. J., Ménard, A. D., Paquet, M-P., Paradis, N., Campbell, M. Zuccarino, D., and Mehak, L. (2009). The components of optimal sexuality: A portrait of “great sex”. *The Canadian Journal of Human Sexuality*, 18 (1-2), 1-13.

Labriola, K. (2010) Love in abundance: A counselor’s advice on open relationships. Gardena, CA: Greenery Press.

Leight, K. A. (2013). Sex happens: The gay man’s guide to creative intimacy. Minneapolis: MN. Langdon Street Press.

Logie, C. H., Rwigema, M, J. (2014). “The normative idea of queer is a white person”: Understanding the perceptions of white privilege among lesbian, bisexual, and queer, women of color in Toronto, Canada. *Journal of Lesbian Studies*, 18(2), 174-191.

Lubrano, A. (2004). Limbo: Blue collar roots, white collar dreams. Hoboken, NJ: John Wiley & Sons, Inc.

Matskick, J. L., Conley, T. D., Ziegler, A., Moors, Amy, C., & Rubin, J. D. (2013). Love and sex: polyamorous relationships are perceived more favourably than swinging and open relationships. *Psychology & Sexuality*, 5(4), 339-348.

Minuchin, S. Fishman, C. H. (1981). Family therapy techniques. Cambridge, MA. Harvard University Press.

Minuchin, S. (1974). Families and family therapy. Cambridge, MA. Harvard University Press.

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

Mitchell, E. M., Bartholomew, K., & Cobb, R., J. (2014). Need fulfillment in polyamorous relationships. *The Journal of Sex Research*, 51(3), 329-339.

Moors, A., Rubin, J. D., Matsick, J. L., Ziegler, A., & Conley, T. D. (2014). It's not just a gay male thing: sexual minority women and men are equally attracted to consensual non-monogamy, *Journal für Psychologie*, Jg 22, 1-13.

Moors, A., C., Conley, T. D., Edelstein, R. S., & Chopik, W. J. (2015). Attached to monogamy? Avoidance predicts willingness to engage (but not actual engagement) in consensual non-monogamy. *Journal of Social and Personal Relationships*, 32(2), 222-240.

Morin, J. (1995). *The Erotic Mind: Unlocking the Inner sources of sexual passion and fulfillment*. New York, NY: Harper Collins.

Moser, C. (1999). *Health Care Without Shame: A handbook for the sexually diverse and their caregivers*. Emeryville, CA: Greenery Press.

Nichols, M. (2000). Therapy with sexual minorities. In, Leiblum, S., & Rosen, R. C. (Eds.). *Principles and practices of sex therapy* (3<sup>rd</sup> ed.) (pp. 335-367). New York, NY: The Guilford Press.

Oluo, I. (2018). *So you want to talk about race*. New York, NY: Seal Press.

Patterson, K. A. (2018). *Love is not colorblind: Race and representation in polygamous and other alternative communities*. Portland, OR: Thorntree Press.

Parsons, J. et al. (2013). Alternatives to monogamy among gay male couples in a community survey: Implications for mental health and sexual risk. *Archives of Sexual Behavior*, 42(2), 303-312.

Pope, K. S., Sonne, J. L., & Holroyd, J. (2000). *Sexual feelings in psychotherapy: explorations for therapists and therapists-in-training*. Washington D.C. American Psychological Association.

Ridley, J. (2009). What every sex therapist needs to know. In, Hertlein, K. M., Weeks, G. R., & Gambescia, N. (Eds.), *Systemic Sex Therapy*, (pp. 1-20). New York; NY: Routledge.

Riggle, E. D.B., Rostosky, S. S., McCants, L.E. and Pascale-Hague, D. (2011). The positive aspects of transgender self-identification. *Psychology & Sexuality*, 2(2), 147-158.

Ritchie, A., & Barker, M. (2006). "There aren't words for what we do or how we feel so we have to make them up": Constructing polyamorous languages in a culture of compulsory monogamy. *Sexualities*, 9, 584-601.

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

Rostosky, S. S., Riggle, E. D. B. (2017). Same-sex couple relationship strengths: A review and synthesis of the empirical literature (2000-2016). *Psychology of Sexual Orientation and Gender Diversity* 4(1), 1-13.

Sabin, J. A., Riskind, R. G., and Nosek, B. A. (2015). Health care providers implicit and explicit attitudes lesbian women and gay men. *American Journal of Public Health*, 105(9), pp. 1831-1841.

Sanders, S. A., Hill, B. J., Yarber, W. L. & Graham, C. A., Crosby, R. A. & Milhausen, R. R. (2010). Misclassification bias: diversity in conceptualizations about having 'had sex.' *Sexual Health*, 7(1): 31–34.

Séguin, L. J., Blais, M., Goyer, MF., Adam, D. B., Lavoie, F., Rodrique, C., & Magontier, C. (2017). Examining relationship quality across three types of relationship agreements. *Sexualities* 20(1-2), 86-104.

Sheff, E. (2014). *The polyamorists next door. Inside multiple partner relationships and families.* Lanham; MD. Rowman & Littlefield.

Shernoff, M. (2006) Negotiated Nonmonogamy and Male Couples. *Family Process*. 45(4), 407-418.

Schnarch, D. M. (1991). *Constructing the sexual crucible: An integration of sexual and marital therapy.* New York, NY: W.W. Norton & Company, Inc.

Schnarch, D. (1997). *Passionate marriage: Keeping love and intimacy alive in committed relationships.* New York, NY: W.W. Norton & Company.

Schnarch, D. (2009). *Intimacy & desire: Awaken the passion in your relationship.* New York, NY: Beaufort Books.

Shapiro, J. L. (2010). At the risk of losing our misery: Existential couples therapy. In, Gurman, A. S. (Ed.). *Clinical Casebook of Couple Therapy.* (pp. 399-426). New York, NY: The Guilford Press.

Sheff, E. (2014). *The polyamorists next door. Inside multiple partner relationships and families.* Lantham: MD. Rowman & Littlefield.

Sheff, E. (2011). Polyamorous families, same-sex marriage, and the slippery slope. *Journal of Contemporary Ethnography*, 40(5), 487-520.

Sheff, E., & Hammers, C. (2011). The privilege of perversities: Race, class, and education among polyamorists and kinksters. *Psychology and Sexuality*, 2, 198–223.

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

Sitron, J. & Dyson, D. (2012). Validation of sexological worldview a construct for use in the training of sexologists in sexual diversity. *SAGE Open*, 2(1), 1-16, DOI: 10.1177/2158244012439072.

Sizemore, K. M., Olmstead, S. B. (2017). Willingness to engage in consensual nonmonogamy among emerging adults: A structural equation analysis of sexual identity, casual sex attitudes, and gender. *The Journal of Sex Research*, 54(9), 1106-1117.

Steelman, S. M. (2016) Externalizing Identities: An Integration of Narrative Therapy and Queer Theory, *Journal of Family Psychotherapy*, 27:1, 79-84.

Stryker, S. (2008). *Transgender History*. Berkeley, CA: Seal Press.

Sullivan, N. (2003) *A critical introduction to queer theory*. New York, NY: New York University Press

Taormino, T. (2008). *Opening up: A guide to creating and sustaining open relationships*. San Francisco, CA: Cleis Press, Inc.

Taylor, Y., Hines, S., & Casey, E., M. (Eds.). (2011). *Theorizing Intersectionality and sexuality*. New York, NY. Palgrave Macmillian.

Taylor, Y. (2011). Complexities and complications: Interactions of class and sexuality, In, Taylor, Y., Hines, S., & Casey, E., M. (Eds.), *Theorizing Intersectionality and Sexuality* (pp.37-56). New York, NY. Palgrave Macmillian.

Thompson, V. L., Bazile, A., & Akbar, M. (2004). African Americans' perceptions of psychotherapy and psychotherapists. *Professional Psychological Research and Practice*, 35(1), 19-26.

Timm, T. M. (2009). "Do I really have to talk about sex?" Encouraging beginning therapists to integrate sexuality into couples therapy. *The Journal of Couple and Relationship Therapy*, 8, 15-33.

Timm, T., M. (2018). Brief therapy with consensually non-monogamous couples. Challenging the status quo. In, Green, S., & Flemmons, D. *Quickies: The handbook of brief sex therapy* (3<sup>rd</sup> ed.), (pp. 147-156). New York, NY: W.W. Norton & Company.

Ward, R., Rivers, I., Sutherland, M. (Eds.). (2012). *Lesbian, gay, bisexual and transgender ageing*. Philadelphia, PA: Jessica Kingsley Publishers.

White, M., Epston, D. (1990). *Narrative means to therapeutic ends*. New York, NY: W.W. Norton & Company.

Joseph Winn MSW, LICSW, CST-S  
114 Commonwealth Avenue  
Concord, MA.  
01742  
(617) 461-8479  
E-mail: josephwinnlicsw@hotmail

Whitton, S. W., Weitbrecht, E. M., & Kuryluk, A. D. (2015). Monogamy agreements in male same sex couples: Associations with relationship quality and individual well-being. *Journal of Couple & Relationship Therapy*, 14(1), 39-63.

Williams, D. J., Thomas, J. N., Prior, E. E., Cristensen, M. C. (2014). From “SSC” and “RACK” to the “4C’s”: Introduction to a new Framework for Negotiating BDSM Participation. *Electronic Journal of Human Sexuality*, 17.  
<http://www.ejhs.org/volume17/BDSM.html>

Wosick-Correa, K. (2010). Agreements, rules, and agenic fidelity in polyamorous relationships. *Psychology and Sexuality*, 1(1), 44-61.

Van der Kolk, B. (2015). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Penguin Books.

Veaux, F., & Rickert, E. (2014). *More than two: A practical guide to ethical polyamory*. Thorntree Press: Portland, OR.

Zamboni, B. D., Crawford, I. (2007). Minority stress and sexual problems among African-American Gay and Bisexual Men, *Archives of Sexual Behavior*, 34 (6), 569-578.