Relationship Matters Therapy Centre

IMPROVING CONNECTION. ENHANCING RELATIONSHIPS.

Introduction to Psychotherapy with Consensual Non-monogamous Clients
Course Outline

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Workshop Objectives

1) Introductory information about therapeutic services to clients who practice or identify with Consensual Non-monogamy (CNM)
2) Address concerns about offering individual and/or relational therapy to CNM clients
3) Safe and Effective Use of Self in clinical work with CNM clients
4) Building evidence-based practice by reviewing research and resources available for clinical work with CNM clients

Introduction

- Define Consensual Nonmonogamy as an umbrella term that encompasses polyamory, open relationships, monogamish relationships, swinging and relationship anarchy
- Discussion on common presenting concerns such as relationship structure transition, attachment injuries, communication breakdowns, jealousy, and experiences of monomormativity
- Mononormativity and how this impacts CNM clients seeking therapeutic support

Concerns working with CNM Clients

- Little-to-no training working with CNM clients
- Limited research available to provide evidence-based therapeutic services
- Confronts clinician's personal biases about love, sex, and relationships
- Fear of being harmful to the client

Addressing Concerns

- Microaggressions and ways that clinician's may reinforce mononormativity in their services to CNM clients
- Resources to support clinicians in building self-awareness about biases related to CNM
- Adapting individual and relational therapy modalities to address CNM presenting concerns and goals

Research & Resource Review

- Books, articles & podcasts: Polysecure, Polyamory: A clinical toolkit for therapists, Multiamory podcast, The Ethical Slut, More than Two: A practical guide to ethical polyamory, Opening Up: A guide to creating and sustaining open relationships
- Resources (e.g., worksheets) that can be used in therapy to support CNM clients
- Resources that can support clinician's building further Safe & Effective Use of Self working with CNM clients