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Resources & Readings

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Consensual Non-Monogamy Task Force

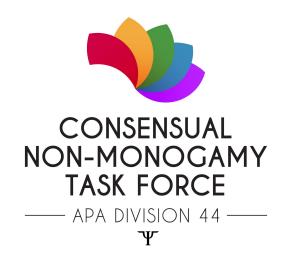
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Relationship and Sexual Diversity Card

Promoting inclusive therapy for Consensually Non-Monogamous (CNM) people



Updated February, 2019

Consensual Non-Monogamy (CNM) 101

- Individuals who practice CNM have an interest in multiple romantic and/ or sexual relationships with the knowledge and consent of all parties involved.
- Approximately 1 in 5 Americans (22%) have been involved in a CNM relationship at some point during their life¹, with approximately 4-5% currently engaged in a CNM relationship².
- There are many terms to describe different types of CNM relationships, such as polyamory, swinging, open relationships, monogamish, and relationship anarchy.
- Those who practice CNM are often stereotyped and face broad-based negative treatment in society and by healthcare providers^{3,4,8}

Inclusive Behaviors

- Seek empirically-informed education/ resources on CNM people
- Use inclusive written & oral language (e.g., partners, relationships)
- Ask about number of partners and relationship style
- Protect privacy/confidentiality
- Respond with non-judgment
- Respect client relationship choices/ dynamics

Relationship Diversity Facts

- Infidelity is common among married/partnered individuals, with up to 1/3 of monogamous adults reporting being sexually unfaithful to a partner⁹
- People who engage in CNM are similar in attachment style to monogamous people¹⁰
- CNM relationships tend to be as healthy (or healthier) as monogamous relationships^{11,12,13}
- 1 in 5 CNM people report discrimination from a mental health provider⁴
- STI rates among people in CNM and monogamous relationships are highly similar¹⁴

Possible issues/topics in therapy

- Healthy communication/boundary setting
- · Consent & hierarchy in relationships
- Emotion/Jealousy management
- Seeking partners/transition into CNM from monogamy⁸
- Navigating transitions in relationships
- Coping with CNM stigma/judgment
- · Time management/scheduling

Tear & Share with Your Provider

The name I use is:		
My personal pronouns are:		
My gender is:		
I have current partners		
I describe my sexual orientation as:		
Gay	Straight	Lesbian
Bisexual	Pansexual	Asexual
Sexually fluid	Queer	
Something else:		
I describe my relationship style as:		
Polyamorous		Open
Swinger/In the Lifestyle		
Relationship Anarchy		Monogamous
Consensually non-monogamous		
Something else:		
Today I'd like to talk about:		