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## Resources & Readings

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- <sup>3</sup>Vaughan, M., et al. (2019). Healthcare experiences of consensually non-monogamous individuals. *Journal of Sexual Medicine*, 16(1), 42-51 doi: 10.1016/j.jsxm.2016.11.006
- <sup>4</sup>Witherspoon, R. (2018). Exploring Polyamorous Resilience and Strength Factors: A Structural Equation Modeling Approach. Doctoral dissertation, California School of Professional Psychology.
- <sup>5</sup>Girard, A. & Brownlee, A. (2015). Assessment guidelines and clinical implications for therapists working with couples in sexually open marriages. *Sexual & Relationship Therapy*, 30(4), 462-474. doi: 10.1080/14681994.2015.1028352
- <sup>6</sup>Moors A.C. & Schechinger, H.A. (2014). Understanding sexuality: Implications of Rubin for relationship research and clinical practice. *Sexual & Relationship Therapy*, 29(4), 476-482. doi:10.1080/14681994.2014.941347
- <sup>7</sup>Weitzman, G. (2006). Therapy with clients who are bisexual and polyamorous. *Journal of Bisexuality*, 6(1-2), 137-164. doi:10.1300/J159v06n01\_08
- <sup>8</sup>Schechinger, H. et al. (2018). Harmful and helpful therapy practices with consensually non-monogamous clients: Toward an inclusive framework. *Journal of Clinical and Consulting Psychology*, 86(11), 879-891. <https://doi.org/10.1037/ccp0000349>

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## Resources & Readings

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- <sup>10</sup>Moors, A.C. et al. edicts willingness to engage (but not actual engagement) in consensual non-monogamy. *Journal of Social & Personal Relationships*, 32(2), 222-240. <https://doi.org/10.1177/0265407514529065>
- <sup>11</sup>Rubel, A.N. & Bogaert, A.F. (2015). Consensual nonmonogamy: Psychological well-being and relationship quality correlates. *Journal of Sex Research* 52, 961-982. doi: 10.1080/00224499.2014.942722
- <sup>12</sup>Mitchell, M.E., Bartholomew, K., Cobb, R.J., (2014). Need Fulfillment in Polyamorous Relationships. *The Journal of Sex Research* 51(3), 329-339. doi:10.1080/00224499.2012.742998
- <sup>13</sup>Morrison, T.G. et al. (2013). A comparison of polyamorous and monogamous persons: are there differences in indices of relationship well-being and sociosexuality? *Psychology & Sexuality*, 4(1), 75-91. <https://doi.org/10.1080/19419899.2011.631571>
- <sup>14</sup>Lehmiller, J. (2015). A comparison of sexual health history and practices among monogamous and consensually non-monogamous sexual partners. *Journal of Sex Research*, 12, 2022-2028. doi:10.1111/j2m.12987

Consensual Non-Monogamy Task Force

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# Relationship and Sexual Diversity Card

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



CONSENSUAL  
NON-MONOGAMY  
TASK FORCE

— APA DIVISION 44 —



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 life<sup>1</sup>, with approximately 4-5% currently engaged in a CNM relationship<sup>2</sup>.
- 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<sup>3,4,8</sup>

### 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 partner<sup>9</sup>
- People who engage in CNM are similar in attachment style to monogamous people<sup>10</sup>
- CNM relationships tend to be as healthy (or healthier) as monogamous relationships<sup>11,12,13</sup>
- 1 in 5 CNM people report discrimination from a mental health provider<sup>4</sup>
- STI rates among people in CNM and monogamous relationships are highly similar<sup>14</sup>

### Possible issues/topics in therapy

- Healthy communication/boundary setting
- Consent & hierarchy in relationships
- Emotion/Jealousy management
- Seeking partners/transition into CNM from monogamy<sup>8</sup>
- 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:**