
Resources & Readings

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- ¹⁴Lehmiller, 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
<http://www.apadivisions.org/division-44/leadership/task-forces/index.aspx>
Facebook: Consensual Non-Monogamy Task Force - APA Division 44
Twitter: @CNMTaskForce
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- Created by Michelle Vaughan, Ph.D. and Heath Schechinger, Ph.D. for the APA Division 44 CNM Task Force

Relationship and Sexual Diversity Card

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



CONSENSUAL
NON-MONOGRAMY
TASK FORCE

— APA DIVISION 44 —



Updated September, 2018

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: