

8th World Summit on Mental Health, Psychiatry and Wellbeing

Psychiatry Volume: 24

September 08-09, 2021 | Webinar

Kink Affirming Practice- Cultural Competency, Risk Assessment, and Clinical Interventions for BDSM-Identified Clients

Stefani Goerlich

Bound Together Counseling, USA

The concept of Kink Aware Practice is one that is gaining ground within the Mental Health community. More and more practitioners are seeking out information about BDSM and kink. This is a positive development. However there is a growing need for resources on this topic that go beyond simple kink awareness and instead begin to focus on how to become a kink affirming provider. This process involves leveraging the values, culture, and relationship dynamics of BDSM as therapeutic tools for our clients. This presentation provides a comprehensive overview of the BDSM and kink community and guides clinicians on how to meet the unique relational and mental health needs of its members. Beginning with a 101-style introduction to BDSM before delving into topics ranging from intersectionality within the kink community and the research on kink as a sexual orientation, to conducting a kink-affirming risk assessment and how to discern between domestic violence and consensual power exchange. We will explore differential diagnoses and clinical concerns that are relevant to health care providers, including psychiatrists, psychologists and other mental health providers as well as primary care physicians and sex educators. Interwoven throughout with real-world case studies, Kink Affirming Practice presents practical suggestions, tools, and handouts the reader can use to inform their practice and serve clients in ways that meet the needs of each individual, couple, or partnership. Presented in a conversational, accessible style, Kink Affirming Practice will be beneficial for any mental health professional or educator looking to transform their practice from kink aware to kink affirming.

Biography

Stefani Goerlich holds a Masters Degree in Clinical Social Work from Wayne State University in Detroit, Michigan and completed her post-graduate training in Sex Therapy at the University of Michigan in Ann Arbor, Michigan. She is the author of *The Leather Couch: Clinical Practice with Kinky Clients* (Routledge Press, 2020) and the founder of Bound Together Counseling, PLLC, where she specializes in working with Gender, Sexuality, and Relationship Differences. Stefani is a frequent subject matter expert for media outlets ranging from *The New Yorker* to *Teen Vogue* and is currently completing her PhD in Clinical Sexology.

stefani@boundtogethercounseling.com