



## Clinician Resources

### Digital Communities



#### *FetLife (fetlife.com)*

- **What it is:** The "Facebook of Kink." It is a social network, not primarily a dating app
- **Clinical Use:** Essential for clients to find local "Munches" (non-sexual social meetups), vet potential partners through community references, and access safety forums..



#### *Lex (thisislex.app)*

- **What it is:** A text-centered social app for queer, trans, gender non-conforming, and two-spirit people.
- **Clinical Use:** A lower-stimulation, community-focused alternative to image-heavy swipe apps; excellent for finding platonic queer community.



#### *Feeld (feeld.co)*

- **What it is:** A dating app designed for ethical non-monogamy and kinky dynamics (singles and couples).
- **Clinical Use:** Often safer for clients disclosing non-normative desires than mainstream apps like Tinder/Bumble due to explicit consent features.



#### *Reddit (reddit.com)*

- **What it is:** A vast network of pseudonymous, topic-specific forums ("subreddits") for advice, debate, and community support.
- **Clinical Use:** The "Hive Mind." Essential for clients to reality-test relationship norms (e.g., "Is this veto rule fair?") or find peer support for specific medical transitions (e.g., r/TransSurgeries) without "outing" themselves.



#### *Taimi (taimi.com)*

- **What it is:** A hybrid "social network" and dating app with robust gender identity customization (trans/non-binary inclusive) and social feed features.
- **Clinical Use:** Often the safest entry point for trans and non-binary clients due to "stealth modes" and strict moderation that reduces the harassment found on other apps.



## Clinician Resources

### Legal and Political Advocacy

Crucial for clients navigating custody battles, discrimination, and healthcare access issues.

#### ✧ *National Coalition for Sexual Freedom (NCSF) ([ncsfreedom.org](http://ncsfreedom.org))*

- **Key Resource:** *Kink Aware Professionals (KAP) Directory*. A listing of kink-knowledgeable medical, legal, and mental health professionals.
- **Key Resource:** *The Consent Counts Project*. Legislative advocacy to exclude consensual kink from assault statutes.

#### ✧ *Campaign for Southern Equality ([southernequality.org](http://southernequality.org))*

- **Key Resource:** *Trans in the South Guide*. An excellent directory of trans-affirming health and legal service providers across the Southern US.
- **Clinical Use:** Vital for connecting clients in TN/VA to safe HRT/gender affirming medical care providers and legal name change assistance.

#### ✧ *Chosen Family Law Center ([chosenfamilylawcenter.org](http://chosenfamilylawcenter.org))*

- **Clinical Use:** Essential for clients in multi-partner relationships navigating "Poly Parenting" or child custody disputes. They provide direct legal services and consultation on co-parenting agreements for three or more adults.
- **Key Focus:** Protecting the rights of non-legal parents in polycules and assisting with estate planning for non-traditional households.

#### ✧ *Lambda Legal ([lambdalegal.org](http://lambdalegal.org))*

- **Clinical Use:** Essential for clients facing discrimination. Provides a legal "Help Desk" for specific inquiries regarding workplace rights, housing denial, and healthcare access (specifically HIV+ and Trans rights).

#### ✧ *National Center for LGBTQ Rights ([www.nclrights.org](http://www.nclrights.org))*

- **Clinical Use:** A primary resource for complex family law cases, especially those involving queer parents and youth.
- **Key Focus:** Impact litigation and public policy. They are leaders in defending against "conversion therapy" and protecting the rights of LGBTQ+ individuals in the foster care and rural healthcare systems.



## Clinician Resources

### Clinical Education and Best Practices

For therapists seeking further training or consultation.

- ✧ *WPATH (World Professional Association for Transgender Health)* ([wpath.org](http://wpath.org))
  - **Key Resource:** Standards of Care (SOC) Version 8. The gold standard for gender-affirming healthcare and surgical letters.
- ✧ *Institute for Relational Intimacy* ([instituteforrelationalintimacy.com](http://instituteforrelationalintimacy.com))
  - **Key Resource:** *Polyamory: A Clinical Toolkit for Therapists* by Martha Kauppi. A practical, intervention-heavy resource that provides clinicians with a developmental framework to help clients navigate the opening-up process by shifting from restrictive rules to explicit, values-based intimacy agreements.
  - **Clinical Use:** Offers the ATSIP (Assessing and Treating Sex Issues in Psychotherapy) certificate, providing a cohesive relational framework for CNM and kink.
- ✧ *National LGBTQIA+ Health Education Center (Fenway Institute)* ([lgbtqiahealtheducation.org](http://lgbtqiahealtheducation.org))
  - **Clinical Use:** A massive library of free, evidence-based webinars and learning modules covering LGBTQIA+ health, aging, and neurodivergence.
  - **Key Focus:** Clinical best practices grounded in public health research and medical necessity.
- ✧ *Polysecure by Jessica Fern* ([jessicafern.com](http://jessicafern.com))
  - A foundational text that expands attachment theory beyond the dyad, offering clinicians the "HEARTS" framework to help clients cultivate secure attachment within themselves and across multiple relationship structures.
  - **Clinical Use:** The "HEARTS" model of attachment in non-monogamy. Excellent worksheets and diagrams for client sessions.
  - **Clinical Use:** The Nested Model of Attachment and Trauma provides a systemic assessment framework that helps clinicians map how a client's sense of safety is influenced by multiple layers of their environment, allowing for a deeper exploration of how culture, community, and systemic oppression impact internal attachment security.



## Clinician Resources

### Crisis and Immediate Support



#### *Trans Lifeline (translifeline.org)*

- **Phone:** 877-565-8860
- **Why:** Run by and for trans people. No non-consensual active rescue (they will not call police without consent), making it safer for clients with medical trauma.



#### *The Network/La Red (tnlr.org)*

- **Hotline:** 617-742-4911 (Bilingual English/Spanish)
- **Why:** A survivor-led organization specifically for the LGBTQ+, Kink, and Polyamorous communities.
- **Clinical Use:** They are the national leader in understanding how "power and control" manifest in non-traditional relationship structures (e.g., using a partner's "closeted" status or kink identity as a tool of abuse).



#### *THRIVE Lifeline (thrivelifeline.org)*

- **Text:** Text "THRIVE" to 313-662-8209 (24/7)
- **Why:** A text-based crisis line staffed by people with "marginalized identities" (LGBTQ+, BIPOC, and Neurodivergent).
- **Clinical Use:** Excellent for clients who may experience "phone anxiety" or who need a higher level of intersectional understanding during an acute crisis.



#### *The Trevor Project (thetrevorproject.org)*

- **Focus:** Crisis intervention and suicide prevention for LGBTQ+ youth (under 25)



#### *SAGE National LGBTQ+ Elder Hotline (sageusa.org)*

- **Phone:** 877-360-5428
- **Why:** Dedicated support for LGBTQ+ older adults (50+) who may be facing isolation, ageism, or discrimination in long-term care facilities.
- **Clinical Use:** Vital for elder clients who may not feel safe disclosing their history or identity to generalist aging services; focuses on "cultural humility" regarding the specific history of the LGBTQ+ community.



#### *FORGE (forge-forward.org)*

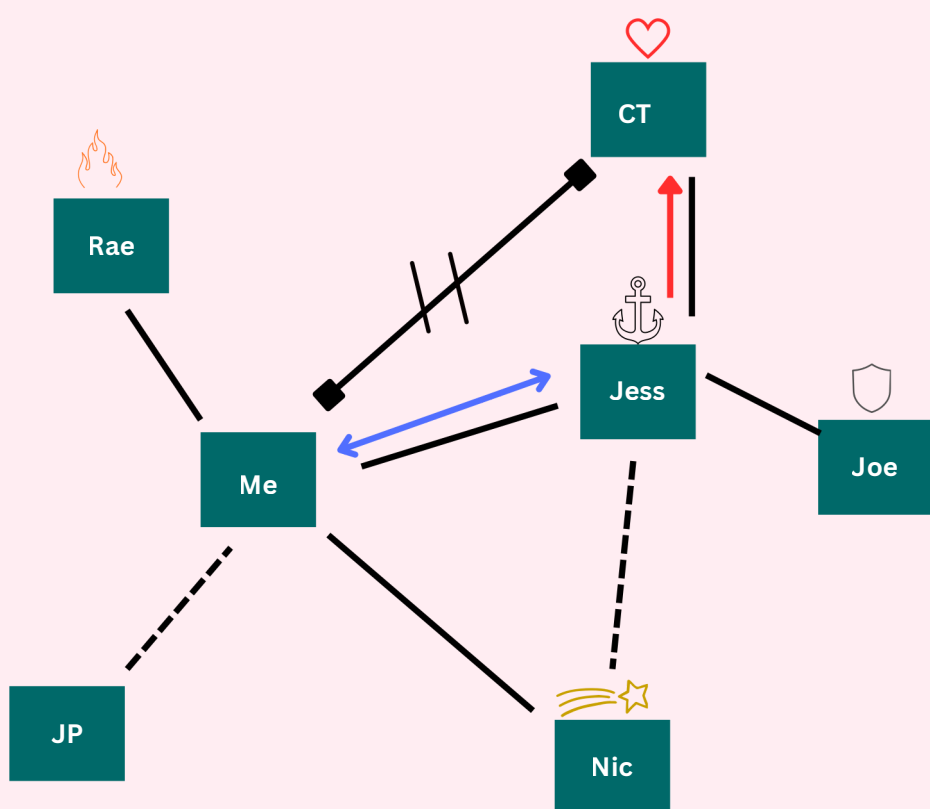
- **Focus:** A national anti-violence organization specifically for transgender and non-binary survivors.
- **Clinical Use:** They provide a massive archive of "Self-Help Guides" for survivors. They are highly recommended for clinicians who need to help trans clients navigate the medical and legal systems following a trauma.



# INTIMACY ECOMAP

**Legend**

- Romantic/sexual
- Flirty/potential
- Tension/conflict
- Unbalanced energy
- Reciprocal/balanced energy
- Romantic partner
- Sexual partner/hook up
- Metamour
- Anchor partner
- Nesting partner
- Comet





# SOMATIC AFTERCARE

## *menu*

### SENSORY GROUNDING

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- DEEP PRESSURE:** WEIGHTED BLANKET, A HEAVY COAT OR SWEATSHIRT, A FIRM HUG
- TEMPERATURE:** A HOT SHOWER, AN ICE PACK ON CHEST, HOT TEA
- TACTILE:** SOFT TEXTURES (FUR, VELVET, SATIN, FLANNEL), FIDGET, SAND
- ESSENTIAL OILS:** LAVENDER FOR CALMING, PEPPERMINT/CITRUS FOR ALERTING AND "WAKING UP" AFTER DEEP SUB-SPACE
- FAMILIAR COMFORT:** PARTNER'S CLEAN SHIRT OR SPECIFIC CANDLE THAT SIGNALS "HOME" AND "SAFETY"
- BINAURAL BEATS:** LISTENING TO SPECIFIC FREQUENCIES TO ENCOURAGE BRAINWAVE REST

### METABOLIC RESTORATION

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- SIMPLE SUGARS:** ORANGE JUICE OR A PIECE OF FRUIT (TO COMBAT LOW BLOOD SUGAR)
- PROTEIN/SALT:** JERKY, NUTS, OR ELECTROLYTES
- HYDRATION:** ROOM TEMPERATURE WATER
- SLOW-RELEASE FUEL:** WHOLE GRAIN CRACKERS, OATMEAL, OR A PIECE OF TOAST
- WARM NUTRIENT INTAKE:** A CUP OF WARM BONE BROTH, MISO SOUP, OR EVEN A WARM GLASS OF MILK

### MENTAL SAFETY

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- LOW STIMULATION:** DIMMING THE LIGHTS, NOISE-CANCELING HEADPHONES, OR A SENSORY DEPRIVATION HOOD.
- REPETITIVE MOVEMENT:** STIMMING, ROCKING, COLORING, BUTTERFLY HUG
- THE "NO TALK" ZONE:** SET TIMER FOR 30 MINUTES WHERE NO PROCESSING IS ALLOWED, ONLY RESTING
- PRE-STAGED ENVIRONMENT:** PREPARING A SPECIFIC AREA (A COUCH, A BED, A CORNER) BEFORE THE HIGH-INTENSITY PLAY BEGINS, STOCKED WITH ALL "MENU" ITEMS

