

# More Than Two

*A practical guide  
to ethical polyamory*

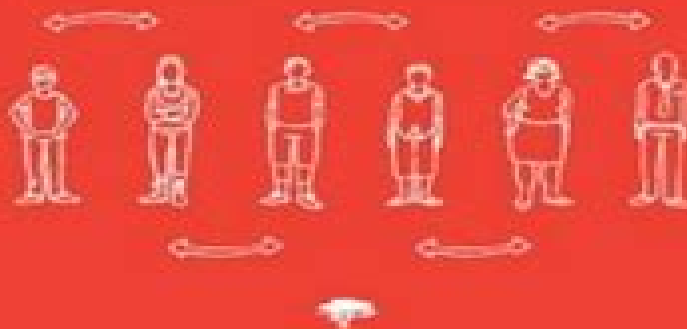


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COEDITORS OF THE JOURNAL OF ETHICAL POLYAMORY

MORE THAN TWO: A PRACTICAL GUIDE TO ETHICAL POLYAMORY



# More Than Two A Practical Guide To Ethical Polyamory

**SJ Ball**



## **More Than Two A Practical Guide To Ethical Polyamory:**

**More Than Two** Franklin Veaux, Eve Rickert, Janet W. Hardy, 2014 From Ancient Greece through the many dynasties of China to current practices of non monogamy people have openly engaged in multiple intimate relationships Not until the late 20th century however was a word coined that encapsulated the practice as well as its philosophies edicts and ethics polyamory poly many amore love For Franklin Veaux who has been polyamorous for his entire adult life the emerging framework and subsequent vocabulary for his lifestyle was a light in the dark Candidly sharing his experiences and thoughts online catapulted his website morethantwo com among the first dedicated to the poly lifestyle to one of the top ranking on the subject In recent years as more people have discovered polyamory as a legitimate and desirable option for how they conduct their relationships Franklin and one of his partners Eve Rickert saw that there was a growing need for a comprehensive guide to the lifestyle More Than Two is that guide This wide ranging resource explores the often complex world of living polyamorously the nuances no this isn't swinging the relationship options do you suit a V an N an open network the myths don't count on wild orgies and endless sex but don't rule them out either and the expectations communication transparency and trust are paramount More Than Two is entirely without judgment and peppered with a good dose of humor In it the authors share not only their hard won philosophies about polyamory but also their hurts and embarrassments Living poly is not always an easy road and they hope that by reading this book you'll avoid some of the mistakes they've made along the way Challenging the notion of what society considers a healthy and successful relationship they offer up personal stories from their own lives as well as of those in the wider poly world emphasizing that this lifestyle choice isn't for the noncommittal Polyamory is all about the relationships and the individuals participating Charting a Relationship Bill of Rights the authors underscore the importance of engaging in ethical polyamory and guide readers through the thorny issues of jealousy and insecurity with the aim of encouraging readers to work consistently and conscientiously on both their relationships and themselves And no they're not trying to convert you they know that polyamory isn't for everyone Veaux and Rickert simply provide those who might be embarking on this lifestyle or those who have always known they are poly with a set of tools and many questions to help them make informed decisions and set them on a path to enjoying multiple happy strong enriching relationships Amazon.com [MORE THAN TWO AND THE RELATIONSHIP BILL OF RIGHTS](#) FRANKLIN. VEAUX, 2018

**The Clinician's Guide to Ethical Non-Monogamous Relationships** Stephanie Sigler, 2024-07-31 This book is a comprehensive guide designed to help mental health professionals understand and meet the unique needs of individuals in ethical non monogamous relationships Drawing on a wealth of research case studies and expert insights Dr Stephanie Sigler offers invaluable guidance on fostering healthy communication managing jealousy and insecurities and addressing the emotional dynamics that arise in non monogamous relationships With a compassionate and inclusive approach this book helps mental health practitioners develop a deep understanding of diverse relationship

structures This book covers topics such as polyamory open relationships and swinging addressing the specific needs and concerns of clients engaged in these relationships It also encourages discussions of self care for practitioners ethical considerations and addressing stigma within the therapeutic process Sigler provides clinicians with step by step strategies and interventions mental health practitioners can implement in their sessions An invaluable resource for practitioners new to ethical non monogamy this book is equally essential for therapists looking to expand their knowledge and skills and can help practitioners provide meaningful support to clients in this often misunderstood and underrepresented community The SAGE Handbook of Global Sexualities Zowie Davy, Ana Cristina Santos, Chiara Bertone, Ryan Thoreson, Saskia E. Wieringa, 2020-05-11

This two volume Handbook provides a major thematic overview of global sexualities spanning each of the continents and its study which is both reflective and prospective and includes traditional approaches and emerging themes The Handbook offers a robust theoretical underpinning and critical outlook on current global and new sexualities and practices whilst offering an extensive reflection on current challenges and future directions of the field The broad coverage of topics engages with a range of theories and maintains a multi disciplinary framework PART ONE Understanding Sexuality Epistemologies Conceptual and Methodological Challenges PART TWO Enforcing and Challenging Sexual Norms PART THREE Interrogating Undoing Sexual Categories PART FOUR Enhancement Practices and Sexual Markets Industries PART FIVE Sexual Rights and Citizenship And the Governance of Sexuality PART SIX Sexuality and Social Movements PART SEVEN Language and Cultural Representation **A Clinician's Guide to Systemic Sex Therapy** Nancy Gambescia, Gerald R. Weeks, Katherine M. Hertlein, 2015-12-07 The second edition of A Clinician's Guide to Systemic Sex Therapy has been completely revised updated and expanded This volume is written for beginning psychotherapy practitioners in order to guide them through the complexities of sex therapy and help them to be more efficient in their treatment The authors offer a unique theoretical approach to understanding and treating sexual problems from a systemic perspective incorporating the multifaceted perspectives of the individual client the couple the family and the other contextual factors Both beginning and experienced sex relationship therapists will broaden their perspectives with the Intersystem approach and gain information rarely seen in sex therapy texts such as how to thoroughly assess each sexual disorder the implementation of various treatment principles and techniques how to incorporate homework dealing with ethical dilemmas understanding different expressions of sexual behavior and addressing the impact of medical problems on sexuality Aside from bringing the diagnostic criteria up to date with the DSM 5 this new edition contains a new chapter on sensate focus an expanded section on assessment more information about development across the lifespan and more focus on diversity issues throughout the text **It's Called "Polyamory"** Tamara Pincus, Rebecca Hiles, 2017-10-06 Even in progressive families and communities people who practice nonmonogamy are susceptible to misinformation and accusations of moral and emotional failings Facing this requires its own coming out and education process In this guide Tamara Pincus and Rebecca Hiles

provide a roadmap for explaining the expansive intricacies of the consensual nonmonogamy spectrum By fusing personal experience and community research they break down the various incarnations of polyamorous relationship structures polyamory s intersections with race and gender and the seemingly esoteric jargon of the lifestyle Topics include everything from how to explain what a unicorn hunter is to answering questions like Can poly people raise children and Can they live normal healthy lives Such conversations are eloquently explained and the real dangers of being out as poly in a monogamy centered society are laid bare

*Sex Positive* Dr. Kelly Neff,2020-02-11 Offering a new take on the psychology of human sexuality Sexpositive integrates modern day themes such as technology and the use of social media with self help This is the book that millennial s will turn to in order to rewrite the story of their love lives Life on this planet would not exist if it weren t for one thing sexual intercourse Developing our understanding sexual consciousness defined as an awareness of each other and ourselves as sexually conscious beings is key if we want to see humanity evolve and thrive through our energetic awareness of one another The SexPositive movement has its roots in this founding ideology It is a social political and philosophical movement that promotes and embraces sexuality and sexual expression with an emphasis on safe and consensual sex Never before has there been a stronger cultural narrative about the awakening of our sexual consciousness and the crucial importance of building SexPositive relationships For the first time ever Dr Kelly Neff offers readers a ground breaking self help book that fuses scientific sexology research psychological theorizing Eastern Western philosophies and stories from around the world all in the context of the world s massive social and political shifts surrounding sex love and identity The first part of the book address our personal growth as sexually conscious beings in our current cultural climate unpacking the constructs of gender and sexual orientation social conditioning via mass media whilst exploring non monogamous relationships the Techno sexual Revolution as well as looking at sex as an energetic experience The second part of the book takes a more practical approach providing tools tips and exercises to help create and maintain SexPositive relationships

Master Conflict Therapy Stephen J. Betchen,Heather L. Davidson,2018-04-17 Illustrated with case studies this book teaches couples and sex therapists the comprehensive integrative treatment approach of master conflict therapy MCT which combines psychoanalytic conflict theory and Bowen Theory with the basic principles and practice of sex therapy MCT suggests that each partner has an internal conflict born out of their experiences from their respective families of origin Partners then choose one another based on these conflicts and it is only when they are out of balance that the couple experiences symptoms The authors help clinicians treat couples through providing them with a solid theoretical foundation a practical assessment procedure and highly effective treatment techniques to re balance a couple and in turn alleviate their sexual symptoms

The Modern Clinician's Guide to Working with LGBTQ+ Clients Margaret Nichols,2020-10-19 The Modern Clinician s Guide to Working with LGBTQ Clients is a ground breaking resource for therapists working with LGBTQ clients whose identity expressions span all gender sex and relationship diverse groups Combining the author s extensive

clinical experience with contemporary evidence based research the chapters of this book explore the origins and development of sexual minority groups going beyond lesbian women and gay men to include transgender and gender nonbinary people kink and polyamory bisexuality and pansexuality and those who identify as asexual or aromantic The text also offers in depth coverage of clinical work with transgender gender nonconforming and nonbinary clients of all ages With a wealth of therapeutic strategies and case studies this resource helps professionals respond to this Big Tent community in an informed and empathetic way Spanning sexuality gender relationships and age groups The Modern Clinician s Guide to Working with LGBTQ Clients is an invaluable reference for psychotherapists in a broad range of clinical settings

Enhancing Pleasure for Gay Men Israel Martinez,2024-07-09 This book aims to help therapists understand the challenges gay men face in their sex lives providing professionals and gay men with evidence based interventions and clinical tools to help them heal and live overall healthier lives Gay men have unique and debilitating issues that can get in the way of them having pleasurable sex Instead of sex being a space to learn about themselves heal release and receive joy for many sex is fraught with shame anxiety self hate and feeling isolated Written for both professionals and the clients they treat this book aims to heal sex related wounds through sex and in turn improve every aspect of gay men s mental health The book begins by exploring what is special about gay men and sex before looking at assessing and presenting medical issues impacting sexual functioning such as childhood trauma attachment styles body issues anxiety depression long term relationships and parenting and hookup apps It then moves onto clinical interventions to address these issues with intake questionnaires and information on how to adapt sensate focus exercises neuroscience narrative CBT and somatic modalities to provide sex therapy interventions specific to gay men With special focus on marginalized communities within the LGBTQIA community such as trans men BIPOC aging disabled and chronically ill voices this book is essential reading for sex therapists and mental health professionals working with gay men as well as gay men themselves looking to live authentically and happily in their sexual lives

**Polyamorous** Jenny Yuen,2018-11-17 A look at how people are giving themselves a choice to love another way More people than ever are exploring the possibility of opening up their relationships and not only that they are fighting for their legal rights to love however and whomever they choose In Polyamorous reporter Jenny Yuen digs into how polyamory affects underrepresented communities why these unions are becoming more normalized and how relationships with multiple partners can be a practical alternative to monogamy and an intriguing expedition through uncharted emotional territory Pairing off is no longer the default option for many For some polyamory is just a part of who they are

Relationship Questions for Couples Miriam Torres Brinkmann,2025-06-17 Guided relationship questions to deepen your bond Conversation is a powerful tool for connection but couples may not always know where to begin This book of questions for couples opens the door to fun and engaging discussions helping partners connect in new ways no matter how long they ve been together The revealing questions were written by a couples therapist and relationship coach to spark curiosity humor

sensuality and creativity By talking openly couples can strengthen their communication in relationships and learn more about those they love 600 questions for couples Foster closeness with questions like When was the last time you felt truly inspired and How do you think our strengths as a couple will help us endure future setbacks A spectrum of topics Dig into questions for couples that range from serious discussion about love values and intimacy to fun topics like good memories and future plans Conversation anytime anywhere Spend just a few minutes chatting or enjoy sharing more deeply while long distance on the road or cuddled on the couch Spark conversation and forge a deeper connection with Relationship Questions for Couples

**Gender Reckonings** James W. Messerschmidt, Patricia Yancey Martin, Michael A. Messner, Raewyn Connell, 2018-02-13 Introduction the editors Points of departure gender power and its sequels Theories don't grow on trees contextualizing gender knowledge Myra Marx Ferree Hegemonic nonhegemonic and new masculinities James W. Messerschmidt and Michael A. Messner From object to subject situating transgender lives in sociology Kristen Schilt The larger scope of gender analysis Postcoloniality and the sociology of gender Raka Ray Race indigeneity and gender lessons for global feminism Mara Viveros Vigoya Categories structures and intersectional theory Joya Misra Four dimensions of relationship struggle and change Why heteronormativity is not enough a feminist sociological perspective on heterosexuality Stevi Jackson Gender inequality and feminism in the new economy Christine L. Williams and Megan Tobias Neely Gender politics in academia in the neoliberal age Barbara Poggio The holy grail of organizational change toward gender equality at work Yvonne Benschop and Marieke van den Brink Dynamics of masculinities Concerning tradition in studies on men and masculinities in ex-colonies Kopano Ratele Rethinking patriarchy through unpatriarchal male desires Gul Ozyegin On the elasticity of gender hegemony why hybrid masculinities fail to undermine gender and sexual inequality Tristan Bridges and C. J. Pascoe Agendas for theory Limitations of the neoliberal turn in gender theory re-turning to gender as a social structure Barbara J. Risman Kristen Myers and Ray Sin Paradoxes of gender redux multiple genders and the persistence of the binary Judith Lorber The monogamous couple gender hegemony and polyamory Mimi Schippers Conclusion theory work or reckoning with gender Raewyn Connell About the contributors Index Notes

*The Fixed Stars* Molly Wizenberg, 2020-08-04 The New York Times bestselling author's thoughtful and provocative memoir of changing identity complex sexuality and enduring family relationships At age thirty-six while serving on a jury author Molly Wizenberg found herself drawn to a female attorney she hardly knew Married to a man for nearly a decade and mother to a toddler Wizenberg tried to return to her life as she knew it but something inside her had changed irrevocably Instead she would discover that the trajectory of our lives is rarely as smooth or as logical as we'd like to believe Like many of us Wizenberg had long understood sexual orientation as a stable part of ourselves we're born this way Suddenly she realized that her story was more complicated Who was she if something at her very core could change so radically Wizenberg forges a new path through separation and divorce coming out to family and friends learning to co-parent a young child and realizing a new vision of love *The Fixed Stars* is a spirited terrifyingly courageous memoir exploring timely

and timeless questions about desire identity and the limits and possibilities of family Booklist

**A Happy Life in an Open Relationship** Susan Wenzel, 2020-03-10 Discover the secrets to successful open relationships A Happy Life in an Open Relationship is a handbook to healthy nonmonogamous relationships For anyone curious about open relationships here is a valuable handbook from an expert in love sex and communication Relationship therapist Susan Wenzel who is in an open marriage herself delivers skillful advice on how to navigate the complex emotional landscape of multi partner relationships from polyamory to swinging Filled with of compelling personal stories anecdotes from clients and practical exercises A guide to cultivating harmonious and fulfilling open relationships Author Susan Wenzel is a sex and relationship therapist with years of experience counseling patients on issues related to monogamy intimacy and trust A Happy Life in an Open Relationship will help you develop your trust and communication skills explore sexuality and desire build your confidence and self worth set healthy boundaries overcome jealousy and so much more People interested in making changes in their relationships will appreciate the positive tone helpful advice and expert wisdom from an accomplished relationship therapist who has gone through the experience herself A great book for anyone interested in testing the boundaries of monogamy and exploring the world of polyamory An accessible and inviting guide for couples to build an open relationship that is strong and lasting Perfect for fans of Mating in Captivity Unlocking Erotic Intelligence and The State of Affairs Rethinking Infidelity by Esther Perel The Commitment Love Sex Marriage and My Family by Dan Savage and Sex at Dawn How We Mate Why We Stray and What It Means for Modern Relationships by Christopher Ryan

**The Handbook of Systemic Family Therapy, Systemic Family Therapy with Couples** Adrian J. Blow, 2020-10-19 Volume III of The Handbook of Systemic Family Therapy focuses on therapy with couples Information on the effectiveness of relational treatment is included along with consideration of the most appropriate modality for treatment Developed in partnership with the American Association for Marriage and Family Therapy AAMFT it will appeal to clinicians such as couple marital and family therapists counselors psychologists social workers and psychiatrists It will also benefit researchers educators and graduate students involved in CMFT

*Mistress Ethics* Victoria Brooks, 2022-01-13 The figure of the mistress is undoubtedly controversial She provokes intense reactions ranging from fear to disgust and revulsion to excitement and titillation to sadness and perhaps to some love The mistress is conventionally depicted as a threat to moral living and someone whose sexuality is considered defective and toxic Of course she is a woman that you would not have as your friend and certainly not your wife since her ethical sense if she even has one is dubious at best This book subverts these traditional judgements and offers an unflinching look at the lived experience of the mistress Here she is recast as a potentially loving free intimate other woman Drawing upon feminist philosophy contemporary sexual ethics and the current cultural moment of MeToo Mistress Ethics moves beyond a narrative of infidelity conventional judgment the safeguarding of monogamy and conventional heterosex that permeates our society It asks what happens when we let go of our insecurities judgments and moralistic relationship philosophies and opt instead for an ethics



of kindness This kindness underpinned by engaging with those deemed other and learning from mistresses both straight and queer will teach us new ways of thinking about ethics and sex and reveal how we have better sex and how we can be better to each other *Embrace Pleasure* Dee Dee Goldpaugh,2025-06-24 A compelling radical exploration of psychedelics healing potential Kirkus Reviews Explains how psychedelic experiences offer a way to reconnect with the body reclaim pleasure rekindle joy and reawaken to love Explores how psychedelics can support our sexual healing and offers a range of psychedelic integration techniques and somatic exercises to help release trauma and foster insight Shares recent research on trauma and case studies from more than a decade of professional clinical work as well as lessons from the author s own healing journey from sexual trauma and PTSD In this groundbreaking book psychotherapist and psychedelic integration expert Dee Dee Goldpaugh shows how the profound healing and restorative effects of psychedelics can help us heal our sexuality reconnect with pleasure find wholeness and feel good again Sharing recent research on trauma and case studies from more than a decade of professional clinical work Goldpaugh explores specific ways psychedelics can heal sexual trauma enhance sexual pleasure and deepen our interpersonal connections Goldpaugh looks at MDMA psilocybin ayahuasca mescaline 5 MeO DMT and other psychedelics and offers a range of integration techniques as well as somatic exercises to help foster insight and apply the lessons learned during psychedelic experiences to everyday life Goldpaugh also examines the methodology behind psychedelic assisted therapy and how readers can safely navigate risks and explore their own healing at home Revealing the transformative power of embracing pleasure for healing sexual trauma this book provides an essential guide to psychedelic sexuality as a path to healing and love [The Routledge Handbook of Philosophy of Sex and Sexuality](#) Brian D. Earp,Clare Chambers,Lori Watson,2022-05-23 This Handbook covers the most urgent controversial and important topics in the philosophy of sex It is both philosophically rigorous and yet accessible to specialists and non specialists covering ethics political philosophy metaphysics the philosophy of science and the philosophy of language and featuring interactions with neighboring disciplines such as psychology bioethics sociology and anthropology The volume s 40 chapters written by an international team of both respected senior researchers and essential emerging scholars are divided into eight parts I What is Sex Is Sex Good II Sexual Orientations III Sexual Autonomy and Consent IV Regulating Sexual Relationships V Pathologizing Sex and Sexuality VI Contested Desires VII Objectification and Commercialized Sex VIII Technology and the Future of Sex The broad scope of coverage depth in insight and research and accessibility in language make *The Routledge Handbook of Philosophy of Sex and Sexuality* a comprehensive introduction for newcomers to the subject as well as an invaluable reference work for advanced students and researchers in the field **Sex-Positive Social Work** SJ Dodd,2020-06-30 Social workers engage with sex and sexuality in all kinds of practice settings and with a variety of client populations However conversations about healthy sexuality and sexual well being are all but absent from social work literature education and practice Many social work professionals have internalized sociocultural taboos about talking about

sexuality and tend to avoid the topic in their practice This book provides an overview of key sexuality related topics for social workers from a sex positive perspective which encourages agency in sexual decision making and embraces consensual sexual activity as healthy and to be enjoyed without stigma or shame It discusses a wide range of topics including physiology sexual and gender identity sex in older adulthood BDSM and kink nonmonogamous and polyamorous relationships and ethical considerations including erotic transference The book is designed to embolden social workers to engage discussions of sexuality with clients and to provide an opportunity for self reflection and professional growth Accessible to students as well as social workers and mental health professionals at all levels Sex Positive Social Work emphasizes the relationship between sexual well being and overall well being giving social workers the tools to approach sex and sexuality actively and positively with clients

Delve into the emotional tapestry woven by Emotional Journey with in **More Than Two A Practical Guide To Ethical Polyamory** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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### **More Than Two A Practical Guide To Ethical Polyamory Introduction**

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