

Course Syllabus

Ethical and Consensual Non-Monogamy/Polyamory Master Course for Clinicians 3.5 CEUS

Moushumi Ghose, MA MFT

Moushumi Ghose, LMFT has been a licensed marriage and family therapist in private practice since 2007, specializing in sexuality, gender, and relationships. She has extensive experience working with alternative lifestyles, the LGBTQIA community, KINK/BDSM, Sex Workers, Ethical & Consensual Non-monogamy/ Polyamory and her focus is working with couples and empowering relationship styles.

Educational Goals

This course will help clinicians become more proficient in treating clients who practice ethical and consensual non-monogamy and polyamory. This course will help clinicians distinguish between ethical versus non-monogamy that is vague, the differences between infidelity and cheating and ethical forms of non-monogamy, helping clients develop communication skills discussion skills as well as negotiation skills help clients address and sit with difficult emotions such as jealousy, fear of abandonment, fear of intimacy. Health address relationships from a trauma and systems focused frame. Understand the role that social justice plays in pursuing a more transformative style of ethical and consensual non-monogamy. Understand the different and very types of non-monogamy and in relation to people's preferences, identity, and lifestyle choices.

Measurable Learning Objectives

- Participants will be able to identify key principles of ethical and consensual non-monogamy.
- Participants will be able to distinguish the difference between forms of non-monogamy while addressing cheating, infidelity, serial monogamy, and other more socially acceptable forms of relationship fluidity.
- Participants will be able to apply techniques to engage clients who are new to or having difficulty navigating ethical and consensual non-monogamy, as well exploring fluidity in relationships.
- Participants will be able to identify how ethical and consensual non monogamy and/or polyamory if applied in specific ways, can also be a form of social justice.
- Participants will be able to explain the difference between various styles of open relationships

Part 1 - 2.0 Hours

Introduction to Non-Monogamy: Definitions & Terms, Ideologies, How it Works, Working with Clients, Q&A

Part 2 1.5 Hours

Clinical Cont'd: Case Studies, Clinical Applications, Q&A