

# DESIGNER RELATIONSHIPS

A GUIDE TO HAPPY MONOGAMY,  
POSITIVE POLYAMORY, AND OPTIMISTIC  
OPEN RELATIONSHIPS



MARK A. MICHAELS AND PATRICIA JOHNSON

# Designer Relationships A To Happy Monogamy Positive Polyamory And Optimistic Open Relationships

**Susan Wenzel**



## **Designer Relationships A To Happy Monogamy Positive Polyamory And Optimistic Open Relationships:**

**Designer Relationships** Mark A. Michaels, Patricia Johnson, 2015-09-08 Contemporary relationships are in a state of rapid evolution. These changes can and should empower people with the opportunity to develop partnerships based on their own sexualities, understandings, and agreements. This makes it possible to create what Kenneth Haslam, founder of the Kinsey Institute's Polyamory Archive, has called designer relationships. Designer relationships may encompass people who bond emotionally but not sexually, people who agree to be non-exclusive, single people who have occasional lovers or friends with benefits, multiple partner configurations where long-term bonds exist among all or some partners, or partnerships in which people are kinky and that make room to explore kink. The possibilities are limitless, and thinking about a partnership as something people can craft allows for flexibility and change. Relationships can open and close or have varying degrees and kinds of openness as circumstances demand. In the context of a designer relationship, decisions are made mutually, consciously, and deliberately. Best-selling authors and nationally known relationship experts Patricia Johnson and Mark A. Michaels are exemplars of this life choice and have studied polyamory for over 20 years. This book explains exactly how you and your loved ones can design your own life and love. *Handbook of LGBTQ-Affirmative Couple and Family Therapy* Rebecca Harvey, Megan J. Murphy, Jerry J. Bigner, Joseph L. Wetchler, 2021-11-29 This comprehensive second edition inspires therapists to utilize clinical work to pragmatically address intersectional oppressions, lessen the burden of minority stress, and implement effective LGBTQ-affirmative therapy. A unique and important contribution to LGBTQ literature, this handbook includes both new and updated chapters reflecting cutting-edge intersectional themes like race, ethnicity, polyamory, and monosexual normativity. A host of expert contributors outline the best practices in affirmative therapy, inspiring therapists to guide LGBTQ clients into deconstructing the heteronormative power imbalances that undermine LGBTQ relationships and families. There is also an increased focus on clinical application, with fresh vignettes included throughout to highlight effective treatment strategies. Couple and family therapists and clinicians working with LGBTQ clients and those interested in implementing affirmative therapy in their practice will find this updated handbook essential. *It's Called "Polyamory"* Tamara Pincus, Rebecca Hiles, 2017-10-06 A primer on explaining to friends, family, and coworkers what consensual nonmonogamy means and what living it means for you. 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

**Polyamorous Elders** Kathy Labriola, 2022-11-08 This book explores the unique group of elders ages fifty five and older who practice some form of consensual nonmonogamy It covers both the joys and challenges of multiple relationships for elders and explores how their relationships develop and evolve Polyamorous elders have the complexities of juggling multiple relationships as well as navigating all the issues of aging managing medical conditions and disabilities their own and or their partners assuming caregiving responsibilities for aging relatives grieving the deaths of parents siblings and partners retiring from careers and starting new lives and potentially moving into some form of senior living Drawing from her extensive clinical and personal experience working with this population Kathy Labriola provides anecdotes from polyamorous elders lives including the constellation of relationships surrounding each individual couple or triad This guide will help health care and mental health clinicians researchers and professionals as well as polyamorous elders and their loved ones better understand the concerns and diverse lifestyles of this population to better represent and support them **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 [Why It's OK to Not Be Monogamous](#) Justin

L. Clardy, 2023-03-28 The downsides of monogamy are felt by most people engaged in long term relationships including restrictions on self discovery limits on friendship sexual boredom and a circumscribed understanding of intimacy Yet a happily ever after monogamy is assumed to be the ideal form of romantic love in many modern societies a relationship that is morally ideal and will bring the most happiness to its two partners In Why It's OK to Not Be Monogamous Justin L. Clardy deeply questions these assumptions He rejects the claim that non monogamy among honest informed and consenting adults is morally impermissible He shows instead how polyamorous relationships can actually be exemplars of moral virtue The book discusses how social and political forces sustain and reward monogamous relationships The book defines non monogamy as a privative concept a negation of monogamy Looking at its prevalence in the United States the book explains how common criticisms of non monogamy come up short Clardy argues as some researchers have recently shown monogamy

relies on continually demonizing non monogamy to sustain its moral status Finally the book concludes with a focus on equality asking what justice for polyamorous individuals might look like

**Designing and Leading a Successful SAR** Patti Britton,Robert Dunlap,2017-05-25 This professional guidebook and training manual introduces the Sexual Attitudes Reassessment and Restructuring SAR training program for professionals working in the broad field of sexology The authors who have led 43 SAR training programs in seven different countries provide an overview of the history and modern day context of SARs in the first part of the book In Part II they provide a toolkit for creating your own SAR using 21 photocopiable workbook pages handy checklists and practical tips Part III focuses on lessons learned from past SARs and future predictions for cutting edge SARs This book is necessary reading for clinicians and educators who wish to offer SAR training programs or integrate The SAR Approach into their practice

*Love and Freedom* Jorge N. Ferrer,2021-06-24 In *Love and Freedom* Jorge Ferrer proposes a paradigm shift in how romantic relationships are conceptualized a step forward in the evolution of modern relationships In the same way that the transgender movement surmounted the gender binary Ferrer defines how a parallel step can and should be taken with the relational style binary This book offers the first systematic discussion of relationship modes beyond monogamy and polyamory as well as introduces the notion of relational freedom as the capability to choose one's relational style free from biological psychological and sociocultural conditionings To achieve these goals Ferrer first discusses a number of critical categories specifically monoprude polyphobia and polypride monophobia that mediate the contemporary mono poly wars that is the predicament of mutual competition among monogamists and polyamorists The ideological nature of these mono poly wars is demonstrated through a review of available empirical literature on the psychological health and relationship quality of monogamous and polyamorous individuals and couples Then after showing how monogamy and polyamory ultimately reinforce each other Ferrer articulates three relational pathways to living in between through and beyond the mono poly binary fluidity hybridity and transcendence Moving beyond that binary opens a fuzzy liminal and multivocal relational space that Ferrer calls novogamy In this groundbreaking book readers will learn practical tools to not only transform jealousy but also enhance their relational freedom while being aware of key issues of diversity and social justice They will also learn novel criteria to evaluate the success of their intimate relationships and be introduced to a transformed vision of romantic love beyond both monocentrism and emerging polynormativities

Love In Abundance Second Edition Kathy Labriola,2024-11-01 Beyond the basics of polyamory lies a complex web of negotiations agreements pitfalls and rewards Kathy Labriola a relationships counselor who has worked for many years with singles couples and groups in polyamorous and open relationships sets forth some of the realities of alternative lifestyles dealing with some of the common relationship disrupters managing jealousy choosing compatible partners combining BDSM with polyamory distinguishing between sex addiction and polyamory and much more

**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      *Expansive Love* Tuck Malloy,2025-02-21

Relationship anarchy is a new term for a very old practice prioritizing relationships of all kinds not just romantic connections But how does one build an ethical community of friends lovers and more This book will explore how to build and sustain fulfilling relationships within the relationship anarchy framework We ll discuss the history of relationship anarchy give you guidance on building intimate relationships with all kinds of people in your life and look at the ways that relationship anarchy can support a fulfilled and joyous community This book will offer philosophical historical sexological and anthropological context as well as practical tools for building nuanced complex and expansive relationships that traverse and defy social norms      **Solo** Peter McGraw,2024-01-30 Brilliant and provocative Solo transcends the loneliness narrative surrounding single life It s not just about being OK with being alone it s about the incredible freedom and endless opportunities that come with it McGraw combines science and wisdom to unlock the secrets that Solos have always known life is richer when you are the hero of your own story Kristin Newman author of What I was Doing While You Were Breeding Join the movement that celebrates single living with Peter McGraw s groundbreaking book Solo Amid the complexities of modern relationships loneliness epidemics and online dating burnout there s a refreshing alternative going Solo Solos as coined by behavioral economist Peter McGraw are people who choose to lead their lives authentically purposefully and passionately outside the confines of traditional relationship labels In a world built for two Solos break the rules and hold space for every type of individual single and not Meet the thriving Just Mays who welcome romance if it comes their way the determined No Ways who prefer life unpartnered and the bold New Ways who redefine and redesign what relationships even mean Which one are you In contrast with the Someday singles who hang personal fulfilment on the success of a serious long term relationship McGraw reveals the secrets of happiness that Solos have already unlocked offering readers a roadmap to reinventing sex dating romance and beyond Backed by scientific insights and McGraw s experience as a lifelong bachelor Solo offers a

blueprint for cultivating fulfilling relationships and creating a rich remarkable life Solo is your invitation to pursue a life uniquely your own

**Radical Relating** Mel Cassidy, 2025-09-16 A provocative trauma informed guide to post monogamy how to build liberated relationships rooted in empowerment equity and authenticity With practical somatic exercises reflection prompts and a relational toolkit also includes a glossary of polyamory non monogamy and alternative relationship terms This book is for polyamorists who want to practice their non monogamy with more feminism more queerness and more community building It s for monogamists who don t want to do relationships on autopilot It s for everyone who dearly believes a better way to love and live exists It s for change makers who aspire to re wild the ways we love An empowering guide to imagining and living better relationships Radical Relating pushes back on the monogamy mandate Author somatic educator and relationship coach Mel Cassidy explodes the often unquestioned mainstream myths about the nuclear family structure those that tell us your soulmate must be your sole mate That sex is the only yardstick of relational success That self sacrifice and self denial are necessary trade offs for security and partnership That we need to ride the relationship escalator all the way up or we ll die alone In four sections Cassidy explains the why what how and where of the Radical Relating model They Lay out clear eyed analysis about why monogamy isn t working and explain the harms of unquestioned internalized mono normativity Offer Reflective Journaling prompts Somatic Pauses and practical wisdom for assembling your Relational Toolkit Explain the trauma informed pillars of Radical Relating Orientation Resilience Resolution and Engagement Help you reorient to a new map for relating that s queer anarchist and somatically integrated Help you build skills to understand and navigate your relationship landscape Explore the intersections of monogamy colonialism patriarchy and capitalism and illuminate how monogamous relationship structures emerged with one goal in mind to consolidate capital Most books on non monogamy focus on top level logistics and play into beliefs that can inadvertently replicate oppressive structures Radical Relating is different it speaks to readers who want not only to open up their relationships or expand their sexual experiences but claim a new and liberating ways to relate to each other fulfill our authentic needs and build true communities of care beyond monogamy

**Polyamorie für Dummies** Jaime M. Grant, 2025-11-13 Liebe ohne Grenzen vielseitig offen gl cklich Haben Sie schon mal dar ber nachgedacht Ihre Beziehung zu ffnen M chten Sie mit Ihrem Partner oder Ihrer Partnerin dar ber sprechen und wissen nicht wie Oder vielleicht haben Sie dieses Buch auch nur aus reiner Neugierde in die Hand genommen In allen diesen F llen und einigen mehr kann Jaime M Grant Ihnen weiterhelfen Dieses Buch liefert hilfreiche Informationen ber polyamore Beziehungsmodelle bietet umfangreiche Tipps wie Sie die f r sich passende Beziehungsform finden und hilft Ihnen dabei Ihren Weg in die Polyamorie sicher verantwortungsbewusst und gesund zu finden Sie erfahren Wie Sie mit Ihrem Partner oder Ihrer Partnerin ber das ffnen Ihrer Beziehung sprechen Welche Arten von polyamoren Beziehungen m glich sind und welche die richtige f r Sie sein k nnte Wie Sie Ihre Gef hlswelt ausloten und mit Partner personen kommunizieren

□□□ □□, **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 Smart Girl's Guide to Polyamory** Dedeker Winston, 2017-02-07 No one likes a know it all but everyone loves a girl with brains and heart The Smart Girl's Guide to Polyamory is an intelligent and comprehensive guide to polyamory open relationships and other forms of alternative love offering relationship advice radically different from anything you'll find on the magazine rack This practical guidebook will help women break free of the mold of traditional monogamy without the constraints of jealousy possessiveness insecurity and competition The Smart Girl's Guide to Polyamory incorporates interviews and real world advice from women of all ages in nontraditional relationships as well as exercises for building self awareness confidence in communication and strategies for managing and eliminating jealousy If you're curious about exploring group sex opening up your current monogamous relationship or ready to come out as polyamorous this book covers it all Whether you're a seasoned graduate a timid freshman or somewhere in between you'll learn how to discover and craft unique relationships that are healthy happy sexy and tailor made for you Because when it comes to your love life being a know it all is actually a great thing to be

**Love and Freedom** Jorge N. Ferrer, 2021-06-24 In Love and Freedom Jorge Ferrer proposes a paradigm shift in how romantic relationships are conceptualized a step forward in the evolution of modern relationships In the same way that the transgender movement surmounted the gender binary Ferrer defines how a parallel step can and should be taken with the relational style binary This book offers the first systematic discussion of relationship modes beyond monogamy and polyamory as well as introduces the notion of relational freedom as the capability to choose one's relational style free from biological psychological and sociocultural conditionings To achieve

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**The Art of Open Relating** Carl/E Stevens Jr,2017-06-11 The Art of Open Relating Volume 1 Theory Philosophy Foundation explores the many dynamics of open relationships and what anyone should consider before considering this relationship style What s also defined is the difference between open relationships monogamy polyamory and polygamy It s of critical importance we understand the various relationship dynamics and their accurate definitions so we can make the best choices for our own personal relationships Learn about the many open relationship structures and how they change and what we should be mindful of inside of each of these structures This is critically important due to the fluid nature of open relationships In addition the individual profiles of people who participate in open relationships are also defined to support each participant in understanding some of the risk factors each person brings to the open relationship structures they re participating in How does a married couple fair versus someone who isn t married Why are guiding principles the backbone of open relating rather than rules and protocols that we find in polyamory Why isn t open relating for most people but only a small minority of the population This book also offers some insight into the challenges with monogamy and even some strategies for monogamous couples to strengthen their bonds Monogamy has some very specific characteristics that must be recognized and accounted for in order to avoid the traps leading to infidelity and divorce Learn the three phases of opening your relationship and why each phase is critical for success Generally the people who fail in opening their relationship have skipped one or more of these steps and instead jumped right in Overall The Art of Open Relating Volume 1 Theory Philosophy Foundation is an critical read in helping define the relationship landscape whether you re into open relationships or not It s job at identifying the possibilities for how to live your relationship life is of major value and good to know if nothing else

*Opening Up* Tristan Taormino,2008-05-05 Relationship expert and bestselling author Tristan Taormino offers a bold new strategy for creating loving lasting relationships Drawing on in depth interviews with over a hundred women and men Opening Up explores the real life benefits and challenges of all styles of open relationships from

partnered non monogamy to solo polyamory With her refreshingly down to earth style and sharp wit Taormino offers solutions for making an open relationship work including tips on dealing with jealousy negotiating boundaries finding community parenting and time management Opening Up will change the way you think about intimacy

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