

# UNDERSTANDING KINK AND BDSM A WORKSHOP FOR THERAPISTS & PSYCHOLOGISTS

10 MAY 2008



DO YOU WANT TO  
KNOW MORE ABOUT  
WORKING WITH BDSM/  
KINK ISSUES?

ARE YOU FAMILIAR  
WITH CURRENT  
RESEARCH IN THIS  
AREA?

ARE YOU INTERESTED  
TO IMPROVE YOUR  
WORK WITH SEXUAL  
MINORITIES?

## Overview

BDSM (bondage and discipline, domination and submission and sadomasochism) is perhaps the most demonized form of consensual sexuality, still criminalized in the UK and pathologised as a 'paraphilia' in the DSM IV. Much training material for therapists and counsellors still perpetuates negative myths about BDSM practices despite lack of evidence for any link between such practices and psychological problems.

This workshop encourages participants to reflect on their own belief systems around BDSM. It examines the variety of 'kinky' practices, drawing on existential approaches to consider the multiple meanings these may have for clients. Common myths around BDSM are challenged and the most up-to-date research on BDSM presented. Attendees consider various case-studies to think about how they might work with kinky/BDSM clients, including those whose identity/practice is unrelated to their presenting problem, those who are concerned about their identity/practice, and those who regard their identity/practice as linked to the therapeutic experience. Relationships between BDSM and self-harming practices will also be explored.

## Aims

The presenters of the day aim:

- \* To challenge some of the most prevalent myths about BDSM and kink.
- \* To present up-to-date research about BDSM and kink and the experiences of those who identify in these ways and/or are involved in such practices.
- \* To explore how we might work with those in the BDSM communities or who practice various forms of kinky sex.

## Objectives

By the end of the day attendees will have had the opportunity:

- \* To reflect on their own beliefs around BDSM and related practices.
- \* To consider how they work with clients who identify with BDSM or incorporate BDSM or kinky practices into their sex life.
- \* To explore the diversity of BDSM experiences, the potential meanings of these for clients, and how these may be worked with in therapy, where appropriate.

## Biographies

Dr. Darren Langdrige and Dr. Meg Barker are co-editors of a recent book on BDSM (published by Palgrave): Safe, Sane and Consensual: Contemporary Perspectives on Sadomasochism. Both teach psychology (at Open University and London South Bank respectively), and work as existential psychotherapists as well as researching various aspects of sexuality.

Saturday 10 May 2008 1pm - 7pm

Central London venue

Course Fees: £105

For booking form: [www.pinktherapy.com/training/kink.html](http://www.pinktherapy.com/training/kink.html)

or call 020 7434 0367