

## Recommended Reading on BDSM for Healthcare Providers

Harrington, Lee, Williams, Mollena. *Playing Well with Others: Your field guide to discovering, exploring and navigating the kink, leather and BDSM communities*. Greenery Press, 2012.

- An easy read with a focus on self reflection and discovery
- A sociological look at the kink community written by members of the community
- Written in a way that is very inclusive of different sexual orientations, genders, races, classes and abilities.
- Includes an appendix with a negotiation questionnaire to use before a scene
- Includes an appendix with tons of relatively current resources
- Lee Harrington's website is [passionandsoul.com](http://passionandsoul.com)
- Mollena Williams' website is [Mollena.com](http://Mollena.com)

Henkin, William A., Holiday, Sybil. *Consensual Sadomasochism: How to Talk About It and How to Do It Safely, 2<sup>nd</sup> edition*. Daedalus Publishing Company, 2003.

- William Henkin, Ph.D is a licensed Marriage and Family Therapist, a Board Certified Sex Therapist and a Fellow of the American Academy of Clinical Sexologists.
- It is a somewhat dense read
- Examines the psychological power of erotic dominance and submission
- Provides a step by step guide to negotiating a scene
- Discusses safety and devotes 68 pages to specific health and safety concerns for different types of BDSM play

Moser, Charles Allen. *Health Care Without Shame: A Handbook for the Sexually Diverse and Their Caregivers*. Greenery Press, 1999.

- Short, 120 page book
- Includes separate parts written for consumers and for practitioners
- For consumers it gives examples of what to look for in a kink-friendly doctor or therapist as well as was to effectively communicate with a medical professional
- For practitioners: it includes examples of nonjudgmental ways to phrase questions on forms, in gathering a patient history or during an intake interview

Wiseman, Jay. *SM 101: A Realistic Introduction, 2<sup>nd</sup> edition*. Greenery Press, 1996.

- The original introduction to BDSM book
- Note: has dated/inaccurate information about STI transmission and lubricants
- Jay Wiseman has more than 30 years of experience in SM and was one of the early pioneers and builders of the SM community in the San Francisco area. He continues to be heavily involved, both in his locally and nationally, as an SM author, educator, mentor, workshop leader, expert witness, and activist. A former ambulance crewman with years of experience, Jay also teaches classes in basic and advanced emergency medical care for SM clubs and other groups.

## Resources on the Intersection of BDSM and Health

### **The Alternative Sexualities Health Research Alliance, TASHRA.org**

“Founded in 2013 by three healthcare and research professionals, TASHRA has positioned itself as a leader in reducing the stigma and dispelling myths about BDSM and other alternative sexual practices and relationships.”

### **American Association of Sexuality Educators, AASECT.org**

“AASECT is devoted to the promotion of sexual health by the development and advancement of the fields of sexual therapy, counseling, and education. AASECT's mission is the advancement of the highest standards of professional practice for educators, counselors and therapists.

ASSECT is a not-for-profit, interdisciplinary professional organization. In addition to sexuality educators, sexuality counselors and sex therapists, AASECT members include physicians, nurses, social workers, psychologists, allied health professionals, clergy members, lawyers, sociologists, marriage and family counselors and therapists, family planning specialists and researchers, as well as students in various relevant professional disciplines. These individuals share an interest in promoting understanding of human sexuality and healthy sexual behavior.”

### **The National Coalition for Sexual Freedom, NCSFreedom.org**

“NCSF provides educational resources on BDSM and non-monogamy. Resources include data from NCSF's Incident Reporting & Response program which directly helps hundreds of people and groups every year who are being discriminated against because of their sexual expression. NCSF also provides original research on kinksters and the issues caused by the stigma we face, as well as statements on consent and best practices in BDSM. We also offer experts who are knowledgeable about alternative sexual practices as well as experience in community organizing.”

### **Stefanos & Shay, StefanosandShay.com & RemedialRopes.com**

Stefanos & Shay are two BDSM educators who are also a couple. Shay is also an ER nurse. Her writings are loaded with medically accurate information. Their articles section is full of helpful information: [www.stefanosandshay.com/articles](http://www.stefanosandshay.com/articles)

Their references page includes references to the medical journals that are cited throughout the site. [www.remedialropes.com/references](http://www.remedialropes.com/references)

### **Places to Locate or to be Listed as Kink-Friendly Professionals**

**American Association of Sexuality Educators' Referral Directory** [aasect.org/referral-directory](http://aasect.org/referral-directory)

**National Coalition for Sexual Freedom's (NCSF) Kink Aware Professionals (KAP) Directory** [ncsfreedom.org/resources/kink-aware-professionals-directory](http://ncsfreedom.org/resources/kink-aware-professionals-directory)

**Judgment Free Healthcare Providers' site** [jfhcp.org](http://jfhcp.org)