

## Schedule

- 9 a.m. Introduction (Co Presenters and Sponsors)
  - Welcome
  - Mission
- 9:15 a.m. Interactive Exercise (Values: Engagement)
- 9:30 a.m. Reflection of Exercise
- 9:35 a.m. Demographics and Trends of Relationships
- 10:00 a.m. Audience Engagement: Definition and Value Shaping (Narratives about Relationships)
- 10:10 a.m. Messages and Frames of Reference (Brainstorming with Attendees/Small Groups)
- 10:20 a.m. Monogamy
- 10:45 a.m. Break (Opening Up Exercise) Experiential
- 11:00 a.m. Non Monogamy
- 11:10 a.m. Define Polyamory
  - Defined (Swinging, Mono-Poly, Polyfidelitous, Swolly, Poly agony, Poly affectivity)
  - Polycules, Relationship Structures, Terms
- 11:50 a.m. Part One: Unconscious Bias, Unpacking Privileges, Myths and Misconceptions
- 12 p.m. to 1 p.m. Part Two: Lunch and Learn: Panel Speakers - Family Law Attorney, Kink and Poly, Same Gender Loving and Polyamory – 10 minutes each and Questions
- 1 p.m. Bio-Psycho-Social Underpinnings
  - Theory Behind Poly (Constructivism, Biological, Psychological)
  - Helen Fisher
  - Sternberg's Theory of Love
  - Lee's Styles of Loving
- 1:30 p.m. Part Two: Ethics, Cultural Humility, Unconscious Bias
  - Unpacking, Exploring, Engaging, and Therapist Self
  - Professional Boundaries, Dual Relationships, Loss of Community, Self Care, Counter Transference, Sexual Attraction – Client and Clinician
- 1:50 p.m. Assessment, Theories, and Beyond
- 2:30 p.m. Break
- 2:45 p.m. Considerations With Opening Up:
  - New Relationship Energy
  - Jealousy
  - Compersion
  - Rules, Agreements, and Boundaries
  - Attraction Contraction
  - Commitment Contract (Karpman's Triangle)
- 3 p.m. Effective Techniques
  - Active Listening
  - Exploring Jealousy
  - Communication Styles
  - Narrative
  - Being Clinically Curious
- 3:30 p.m. Questions/Resources
- 3:45 p.m. Thank You and Evaluation

