

# COUNSELING KINKY CLIENTS: WHIPPING COUNSELORS INTO SHAPE

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## WORKSHOP DESCRIPTION

Over the past few years, kink culture and BDSM practices have become more prevalent in the mainstream culture. With an estimated 10% of adults engaging in some form of kink or BDSM, mental health professionals must be prepared to effectively support this unique population. This engaging session provides a frank exploration into the worlds of kink and BDSM culture to help professional counselors deconstruct stigma, understand the role of consent, learn kink-affirming and sex positive interventions, and differentiate between violence and BDSM practices.

## MEET YOUR SPEAKER



**STACEY DIANE A. LITAM**  
PH.D., LPCC-S, NCC, CCMHC

Dr. Litam (she/her/siya) is an Assistant Professor of Counselor Education at Cleveland State University and a licensed professional clinical counselor and supervisor. Dr. Litam is a researcher, educator, clinical counselor, and social justice advocate on topics related to human sexuality, sex trafficking, diversity, equity, and inclusion, as well as Asian American and Pacific Islander (AAPI) concerns. Dr. Litam is a Forbes Health Advisor on topics related to human sexuality and mental health.

## LEARNING OBJECTIVES

1. Attendees will obtain a deeper understanding of critical topics related to kink and BDSM (i.e., role of consent)
2. Attendees will learn specific kink-affirming and sex-positive strategies for counseling individuals who engage in BDSM practices.
3. Attendees will be able to differentiate between violence and BDSM practices

**SATURDAY, AUGUST  
20, 2022  
1PM - 2:30PM EST**

Live virtual 90-minute workshop

1.5 CSWMFT Hours Offered for Counselors (OH)

Link to register:

<https://bit.ly/kinkyclients>

CSWMFT Approval #RCX072201