

## Special Thanks

Thank you for supporting the creation of CNMC!

Lilly	Tina	Billy
Drew	Fawna	Amul

Without you, this would not have been possible!

If you enjoyed the CNMC, then you should check out:

A 3-day family friendly conference for polyamorous people and their supporters focusing on education, activism, and social networking.

We are an all ages conference and have kid inclusive programming.

**June 2 – 4, 2017 at Sheraton Atlanta**

Register at [AtlantaPolyWeekend.com](http://AtlantaPolyWeekend.com)

Follow us @ATLPOLYWKND or #APW



Presented by  
**REF**  
RELATIONSHIP EQUALITY  
FOUNDATION  
A 501(c)(3) non-profit

## The First Annual



2017

## The Chicago Non-Monogamy Conference

Welcome to the first annual Chicago Non-Monogamy Conference!

The Chicago Non-Monogamy Conference (CNMC) was first conceived during a passing conversation between old friends at the tail end of a Saturday meet-up. Almost a year later, we may not be clear on who first suggested getting this conference off the ground, but after a year of discussion, outreach, and coordination, here we are!

The goal of the CNMC is to help bring the Chicago non-monogamy community together across all the lines that divide us - age, gender, race, class, location, ability, configuration, label, and all of the other categories which house us. On one hand, this one-day conference provides a space for attendees to discuss topics pertinent to being non-monogamous, to expand their understandings of their own relationships, and to get to know each other as members of a diverse community. In this capacity, today's conference is about attendees meeting new people and learning new things.

On the other hand, the CNMC is devoted to seeking intersectional understanding and inclusion, and this means undermining those systems which separate us. The CNMC firmly believes that the personal is political. As such, in order to have positive and holistic relationships, we must be accountable not only to ourselves, but to our families and partners, to each other, and to our wider communities. In this capacity, the CNMC is dedicated to creating a world in which ethical non-monogamy is not only inclusive, but welcoming and understanding; not only included, but understood and welcomed. This inclusion begins here - at the conference, in our homes, in our partnerships, in our communities - and the CNMC is actively working to provide safe spaces and to give voice to marginalized peoples within the non-monogamy community so that we are helping to create the world we want.

Thank you for attending and helping to make our 1<sup>st</sup> annual conference a success!

## Silent Auction Donors



*Chicago's premier kink club*



**WOMEN &  
CHILDREN FIRST**  
Shop as Independently as you Think



**Amul Kumar Photography**

## Silent Auction Recipient

The proceeds from our silent auction will go to benefit Upswing Advocates.



Upswing Advocates is a research-focused training and coaching organization that uses a collaborative, individualized approach to build skills and resilience in ways that strengthen and support the LGBTQIA community in Chicago and surrounding areas. Our work centers the experience and expertise of the individual, and is rooted in affirmation via access to resources and support. Our goal is not only to empower people, but to engage in work to dismantle systemic barriers to affirming care. Upswing Advocates works to remove any barriers to services by providing all programs and group support using sliding scale fees, by providing spaces that are accessible, and by using multiple spaces and remote options so that programming is convenient for people across the city.

Upswing Advocates conducts research that prioritizes consent, respect, and inclusion, with a focus on topics that will make a real-world difference for people in the LGBTQIA community. In addition to research and direct strength-based services, Upswing Advocates offers trainings that provide support and ongoing skill development for helping professionals working with individuals who are LGBTQIA.

<http://upswingadvocates.org>

<http://www.facebook.com/upswingadvocates>

## Sponsors

There would be no conference without the help and support of the following sponsors:



### **Relationship Equality Foundation (REF)**

CNMC is hosted by The Relationship Equality Foundation, Inc. (REF). REF's purpose is to provide outreach, education, and support for those involved in or seeking relationships with non-traditional structures, and education and outreach to the general public about these relationships.



### **LifeWorks Psychotherapy**

LifeWorks psychotherapists bring a sex-positive and inclusive attitude to the difficulties, conflicts and questions you face. We see psychotherapy as an in-the-moment, co-creative exploration and discovery that can enhance self-awareness, wholeness, and compassionate self-care.



### **Diffraction Designs**

Freelance graphic design by McKenna Kring.

## Starting the Day

### KeyNote Speaker

*Topic: Accountability: At Home, With Our Partners, In the Community*

**Sarah Sloane** is a sexuality and relationships education, writer, and activist from Chicago, IL. Sarah firmly believes that love is a radical act, and as such, her goal is to contribute to making spaces where that love can be affirmed, in all its varieties. She has spoken at colleges, professional organizations, affinity groups, and industry events for over 15 years, and she's written for a wide variety of websites and magazines about sexuality and relationship topics. Outside of her work, she spends time with her partners and friends, the free weight section of her gym, her knitting, her coffee pot, and her teddy bear, Stuart.

### Opening Team

Ice breaker / Meet 'n 'Greet/ Safe Space Creation

**Caitlin Neal** is a sex and relationship coach who helps people find deep connection, radical self-acceptance, and unconditional love. While working on her doctorate, she realized that conducting sexual health research did not satisfy her deep need to help people create their best sex lives. Caitlin is a devoted educator, facilitator, and lifelong student. She utilizes her enthusiasm and energy to help her clients find self-acceptance, release shame, trust their intuition, know what they want, create a sense of belonging, develop their confidence as lovers, celebrate the joy of touch, and discover the capacity for romance.

**Josh Blair** is a seasoned facilitator who focuses on helping groups of people find community in the present space they are sharing. His facilitation techniques focus on group work, consensus, ideation, and a dose of healthy belly laughs. Josh has developed his skills over the years in communities across the United States, specifically those served by social justice-oriented nonprofit organizations. He understands the complexities of figuring out how to make spaces inclusive, exciting, productive, and safe for all folks. He is passionate about uplifting contributions, love, and ideas from all who are present.

## Notes and Info

## Presenters

### *Cindy Trawinski*

Cindy Trawinski, Psy.D., is a Diplomate in Process-oriented Psychology and a certified Imago Relationship Therapist. Cindy is the former CEO of the Process Work Institute, in Portland, OR and a member of the International Association of Process-oriented Psychology (IAPOP), in Zurich, Switzerland. She has been co-facilitating the Chicago Polyamory Support Group since 2010, and is a founding partner of LifeWorks Psychotherapy Center. Cindy has studied, taught and applied Process-oriented Psychology (also known as processwork) as developed by Arnold Mindell, Ph.D., for over 15 years. She is a sex-positive therapist who has a special interest in working with relationship difficulties and those who identify as living an alternative lifestyle.



### *Vita E*

Originally from Cleveland, OH, Vita E has obtained their bachelor's degree in Percussion Performance from Baldwin Wallace University. They have been playing percussion for 12 years, as well as teaching percussion to multiple age groups, from Pre-K to University level. Vita E is the founder of TWOC Poetry, a brand/YouTube channel created to increase proper media representation and knowledge for marginalized groups, focusing primarily on experiences as a trans woman of color. Their series, "Tea (T)ime", touches on subjects from racism to respectability politics, and everything between and outside. Vita E's talents have taken them across the country in a very short span of time, performing at Campus Pride in North Carolina, competing as a finalist in "Capturing Fire Queer Poetry Slam" in DC, and doing work with Black Lives Matter in the Midwest.

## Class Session I – 11:15

### **Crafting Your Own Relationship Escalator – What to Do When Existing Models Don't Fit - Room 718**

*(Josie Kearns and Elizabeth Dukes)*

The world tells us that a successful monogamous relationship follows certain steps: date, move in together, marry, have kids, 'til death do us part. But in a polyamorous context, this 'escalator' model often doesn't fit. So, what do we do when we want to take steps forward together? How do we find security? What does commitment look like? What roles do our other partners play? We'll talk about different approaches, discuss ideas and strategies, and share our own good and bad experiences from years of experience.

### **The Conflict with Conflict in Poly Relationships - Room 719**

*(Rami Henrich and Cindy Trawinski)*

Ever had a conflict? Most people have had more conflict than they care to recall. This presentation is about using the principles of Deep Democracy, learning about the 4 phases of conflict and how to work with them in your consensually non-monogamous relationships. Deep Democracy is Arnold Mindell's idea that all voices in relationships, families, and communities are important and needed for the wholeness of the larger group. Let's talk together about these ideas and practice using new approaches to conflict.

### **How to Support Partners with Mental /Physical Health Differences Panel - Room 720**

*(Moderator: TBA)*

This panel aims to do 2 things: first, discuss ways to navigate non-monogamy as people with chronic illnesses, physical disabilities, and/or mental illnesses, and second, to provide information for supporting partners who are chronically ill, physically disabled, or mentally ill. The moderator will begin the discussion on the following topics: supporting partners who are mentally ill, physically disabled, and chronically ill; effective ways to communicate about and during bouts of mental illness; where and how to seek support when needed; and reminders of how to reframe the privileges of being abled bodied and neurotypical in order to make the world more accessible for partners who are mentally ill, chronically ill, or physically disabled.

## Class Session II – 1:45

### **Uncovering Consent – Room 718**

*(Lavender Jihan)*

Others can't read our minds. But can we read our own? How can we know what we want, when from birth we are placed with a mountain of coercion and expectation--the ultimate enemy of consent? This workshop shows a way out of our conditioning. A presentation about the practices that perpetuate rape culture will precede discussions and exercises designed to provide participants the tools to craft the kind of consensual reality needed for healthy relationships.

### **Practicum: Vulnerability & Emotional Self Awareness – Room 719**

*(Master So 'N' So)*

Hands on group/paired exercises that you can take home to develop safe spaces for emotional vulnerability with friends, partners, etc. We will discuss our experiences of insecurity & gratitude, vulnerability & exposure, and practice walking from one such space to the others.

### **Gender Identity in Non-Monogamous Relationships Panel – Room 720**

*(Moderator: Carrie Jameson)*

This panel will discuss ways to navigate non-monogamy as a TGNC person, as well as provide suggestions for ways to support TGNC partners. Specifically, moderator questions will begin the conversation on topics such as: supporting TGNC partners, effective ways to communicate about and navigate through gender identity, where and how to seek support when needed, and reminders on how to unpack cis privilege in relationships with TGNC partners.

## Presenters

### **Master So 'N' So**

A life-long non-monogamist, and full-time fantasy art photographer, Master So 'N' So travels frequently for his day job, teaching a variety of art subjects at conventions and art fairs. He has been involved in managing non-profit organizations since he was a small child, has studied rope bondage since 2006 and has been actively involved in the Chicago community since 2008, working with The Next Generation Chicago, the Man Ho Foundation, and heavily engaged in general community building. He currently organizes Bound To Learn, an open space rope meetup/self-education event which occurs monthly on a floating Friday at Galleria Domain 2. His sex-positive courses have been well received internationally, including locations in Canada, Florida, Texas and the Midwest. With no secret talent except a passion for improvement, Master So 'N' So gives the world his insights from a life of art, rope, and non-monogamy.

### **Fawna Stockwell**

Fawna is a teacher, researcher, and coach with a passion for transgender health and well-being and powerful, accessible mental health interventions. Their research has focused on topics including gender, sexual behavior, communication in relationships, BDSM, polyamory, mindfulness, and effective skill-building strategies. As a queer, nonbinary trans person, Fawna has a vision of using precise measurement and an individualized approach to support and strengthen the LGBTQIA community. In their spare time, Fawna enjoys sleeping, trying new things, and eating breakfast foods with friends.



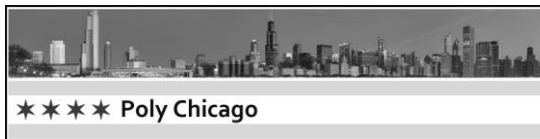
## Presenters

### Lavender Jihan

Like all of us, Lavender has been living in rape culture since her conception. She began analyzing her surroundings in her early teens, after befriending the radical queer kids who helped her realize her own radical queerness. Her later forays into wage labor, transphobia, radical politics, non-monogamy, and kink have only fueled her perspective. She believes we are raised to contribute to a web in which capitalism, rape culture, and all systems of oppression thrive. Her work focuses on deconstructing binaries and empowerment of all people using the knowledge that we are only limited by what we can negotiate.

### Josephine Kearns

Josephine Kearns began exploring polyamory as a married 20-something and didn't look back. She now lives in an intentional community in Chicago, where she and her two co-parents together raise two awesome kids (ages 7 & 2). In 2013 she co-founded Chicago Polyamory Connection, whose Poly Cocktails has since become the largest regular polyamory event in the city as well as a leading voice for working toward safer non-monogamous spaces. Josie is also a member of the national Polyamory Leadership Network and a blogger at polychicago.com. She is proud to be openly queer and transgender.



### Worner Leland

Worner is a behavior analysis student and writer dedicated to providing collaborative, autonomy-centric coaching and services. They are passionate about consent education for people of all ages, and about intimacy, social, and interpersonal health, especially in the queer and TGQI community. They work at Tulip Toy Gallery, providing sexual health and consent education. In their free time, Worner enjoys arm wrestling, and putting googly eyes on cacti.

## Session III – 3:15

### **Communication Strategies for Navigating Jealousy – Room 718**

*(Fawna Stockwell and Worner Leland)*

Romantic and sexual jealousy are hot topics in discussions of all kinds of non-monogamous relationships, and the experience of jealousy varies greatly across people. This skill-share workshop will examine what jealousy actually looks like, and provide an opportunity to explore what is underneath the experience of jealousy. Audience members will have the opportunity to share the strategies they use to explore and communicate with others about their experiences of jealousy, and spend time considering what types of communication they value in the relationships they cultivate with others. Optional exercises and practice opportunities included.

### **Non-Sexual Touch & Boundaries in Poly Relationships – Room 719**

*(Shawn Coleman)*

You will leave feeling more comfortable navigating touch in your relationships, stating and re-stating boundaries, and creating a comfortable space for others to do the same. We will begin by discussing the ways we have learned to communicate about touch and the things that we wished we would have learned sooner. Then, we will discuss the types of touch that we like and challenges to giving and receiving. Afterwards, we will have a little hands on practice negotiating touch with a renewed focus on honoring ourselves and our partner(s). You can use this time to negotiate some non-sexual touch with someone new/ a partner or simply practice saying no. No touch is required at any point.

### **Coming Out as Non-Monogamous – Room 720**

*(Alicia Crosby)*

What does it mean to be out as someone who is non-monogamous (or an ally)? What have you gained or lost or feel you will gain or lose in being out? How do the identities we bear impact and influence our engagement with our communities as well as relational frameworks? Join us for an interactive dialogue as we share our experiences and consider what having space to be openly non-monogamous means for us and our communities.

## Event Schedule

	<b>4<sup>th</sup> Floor Hall</b>	<b>407/412</b>
8:30-10am	8:30-10:00: Check In and Name Tags	(Coffee, juice) Info tables - all day!
10-11am		9:15-10:15: <b>Meet n Greet/ Ice breaker / Safe Space creation</b> Led by Caitlin Neal and Josh Blair
		10:30-11:00: <b>Introduction to the CNMC and Keynote Speaker</b> Sarah Sloane
11-12pm		
12- 1pm		12:30-1:30 <b>Lunch on your own</b> – check out options in Merchandise Mart or along the River Walk
1-2pm		
2-3pm		
3-4pm		
4-5pm		4:30-5:00 <b>Closing the conference</b> Suggested evening options

## Presenters

### *Lauren Hopkins*

Lauren Hopkins is an experimental psychologist and neuroscientist. She received her M.S. in Clinical Psychology from the Chicago School of Professional Psychology, and is currently getting her Ph.D in Neuroscience at the University of Wisconsin. She has published scientific papers on fear, memory, and BDSM. As an individual with severe physical disabilities, Lauren is an advocate and supporter of disability rights and cursed with an acute and never-ending rumination on how people with disabilities navigate the various spheres of their universe.

### *Terri Hudson*

Terri Lynne Hudson is an actor and performance artist. She has been polyamorous for the last 15 years, and involved in poly communities across the country as an organizer, peer counselor, and activist. She has spina bifida and creates performance material about disability and sexuality.

### *Itzel Jihan*

Itzel Jihan has struggled with chronic depression and endometriosis for as long as she can remember. She's been dealing with the misunderstanding and underestimation of these illnesses for just as long. Itzel believes that sharing all of the intimate details of her illnesses is the best way to educate and receive support from others. She spends a lot of time thinking of what she needs, how to ask for it, and how to navigate relationships with her other neuroatypical partners.



## Presenters

### Elizabeth Dukes

Betsy is a licensed Clinical Psychologist with LifeWorks Psychotherapy Center where she focuses her practice on working with people of diverse identities, including polyamorous/CNM, kinky, LG, B, and TGNC individuals/relationship structures. Betsy has presented on the topics of Polyamory and CNM around Chicagoland. Betsy is a member of the American Psychological Association's Society for Lesbian, Gay, Bisexual and Transgender Issues, the Society for Humanistic Psychology, and the Kink and Poly Aware Chicago Therapists (KPACT). In her spare time she is learning to play the ukulele and attempting to grow tomatoes.



### Rami Henrich

Rami Henrich, L.C.S.W., is a Diplomate in Process-oriented Psychology and a certified Imago Relationship Therapist who works with inner and outer diversity issues and embraces a spectrum of people and their problems. Rami has been co-facilitating the Chicago Polyamory Support Group since 2010. The group welcomes people wanting to learn more about themselves and polyamorous relationships. Rami is a founding partners of LifeWorks Psychotherapy Center and has studied, taught and applied Process-oriented Psychology (also known as processwork) as developed by Arnold Mindell, Ph.D., for over 15 years. She is a sex-positive therapist has a special interest in working with relationship difficulties and those who identify as living an alternative lifestyle.

## Event Schedule

	718	719	720
9-10am			
10-11am			
11-12pm	11:15-12:30: <b>Creating Your Own Relationship Escalator</b> (Josie Kearns and Betsy Duke)	11:15-12:30: <b>The Conflict with Conflict in Polyamory Relationships</b> (Cindy Trawinsi and Rami Henrich)	11:15-12:30: <b>Panel: How to Support Partners with Mental/Physical Health Differences</b> (Terri, Lauren, Vita, Itzel, Lee)
12-1pm			
1-2pm	1:45-3:00: <b>Uncovering Consent</b> (Lavender Jihan)	1:45-3:00: <b>Practicum: Vulnerability and Emotional Self Awareness</b> (Master SoNSo)	1:45-3:00: <b>Panel: Gender Identity in Non-Monogamous Relationships</b> (Vita, Itzel, Lee, Danielle, Lilly)
2-3pm			
3-4pm	3:15-4:30: <b>Non-Sexual Touch and Physical Boundaries in Polyamorous Relationships</b> (Shawn Coleman)	3:15-4:30: <b>Communication Strategies for Navigating Jealousy</b> (Fawna Stockwell and Leland Worner)	3:15-4:30: <b>Coming Out Non-Monogamous</b> (Alicia Crosby)
4-5pm			

## Presenters

### Lilly Barrett

Lilly Barrett is a musician, educator, and non-monogamist. She has a Bachelor's Degree in the Humanities from Shimer College. She lives in Woodlawn, and works at a grocery store in Hyde Park.

### Danielle Carlson

Danielle Carlson, MSMFT, AMFT is a staff psychotherapist at Lifeworks Psychotherapy Center, a private practice that specializes in working with the poly, kink, and LGBTQ communities. Danielle holds a Masters of Science in Marriage & Family Therapy from The Family Institute at Northwestern University, where their work focused on gender and sexuality. As a genderqueer therapist, Danielle works with clients to more deeply explore their own experiences of gender identity and expression, as well as the messages they have received from the society around them—a practice rooted in their experience of a fluid and beautiful gender galaxy beyond the binary.

### Shawn Coleman

Shawn is an open-hearted professional cuddler and workshop facilitator; who discovered polyamory in college (so cliché, right). Much to Shawn's delight, there was a lot of crossover with the cuddle community, which Shawn took to like a fish to water. First, as a participant, attending nearly every cuddle party; then, as a facilitator in training, assisting with every party. The strong focus on consent and awareness spoke to Shawn.

Since that time, Shawn has been hard at work queering the cuddle scene. As the country's first out genderqueer cuddle professional, Shawn offers 1 on 1 cuddle sessions and creates Cuddle Up events and Question Game events that are intentionally affirming of the queer and the questioning. These events are one of the many ways that Shawn helps people to connect with others through mutually vulnerable experiences. Shawn also maintains a cuddle space at Chicago Queer Spa, a spa takeover event for people who do not feel accepted/affirmed in gendered, heteronormative spas.

## Presenters

### Alicia Crosby

Alicia has always been the type of person to color outside the lines - a trait that comes in handy as the Co-Founder and Executive Director of Center for Inclusivity (CFI). Her passions for justice, spiritually engaged activism, and community engagement led her to pursue a M.A. in Social Justice and Certificate in Non-Profit Management & Philanthropy at Loyola University Chicago. She also has a B.A. in Interdisciplinary Studies from Hollins University. Having previously worked in religious, social service, and community empowerment contexts, Alicia saw a need to address the spiritual, systemic, and interpersonal harm people experience through the promotion of inclusion and equity for all people through her work. She is proud that CFI is a place where people can bring the fullness of who they are forward and find community that gives them life.



### Lee Andel Dewey

Lee is an organizer, activist, and advocate, focused upon the trans/gender nonconforming, queer, and HIV+ communities, all of which they are a part. Their activism is centered on anti-racism, anti-bigotry, the abolition of systems of oppression, and positive radical change. They are the Accounting Manager for North Side Community FCU, the Lead Organizer for CommunityCave Chicago, on the Board of Directors for Upswing Advocates, a Community Advisory Board Member for AIDS Foundation Chicago, and actively engaged in myriad hustles at any given time. They are a passionate, year round commuter cyclist, a fair weather artist, enamored with the outdoors, and always in search of their next dance floor.