

By the end of this course, participants will be able to:

- **Assess** clients' relationship histories, current structures, and future goals in the context of consensual non-monogamy (CNM) to inform individualized treatment planning.
- **Explore** therapist biases and countertransference related to non-monogamy and examine how these may impact the therapeutic relationship.
- **Apply** psychoeducation strategies to help clients better understand various forms of CNM (e.g., polyamory, relationship anarchy, open relationships) and reduce internalized stigma.
- **Differentiate** between CNM and dysfunctional relationship dynamics (e.g., infidelity, coercion) using affirming, client-centered language.
- **Collaboratively determine** boundaries, agreements, and communication strategies with clients navigating non-monogamous relationships.
- **Debunk** common myths about non-monogamy, including assumptions around jealousy, intimacy, and mental health outcomes.
- **Demonstrate** a non-pathologizing, inclusive framework for supporting clients