

Faculti Summary

<https://faculti.net/what-the-heart-wants-polyamory-compersion-and-monogamish-arrangements/>

This video is a transcript of a discussion led by a clinical psychologist and professor who has been working for over 30 years in therapy and training marriage and family therapists. The speaker addresses the growing visibility of consensual non-monogamy (CNM) and polyamory in therapeutic settings. They emphasize the importance of understanding diverse relationship dynamics, including the capacity for compersion—a feeling of joy that comes from a partner's happiness with someone else.

The speaker highlights the stigma surrounding CNM, noting that many therapists and their clients may have limited exposure or preconceived notions about non-monogamous relationships. This video can lead to issues of judgment and misunderstanding within clinical practice. They stress the need for therapists to engage in self-reflection and to cultivate open, non-judgmental attitudes to facilitate better understanding and support for clients exploring these relationship styles.

The discussion also touches upon cultural humility and the need for continuous education in understanding different relationship configurations, noting that societal views on relationships are evolving, much like those regarding interracial relationships or single-parent families. Ultimately, the speaker encourages clinicians to foster a safe, inclusive environment for clients to discuss their relationship dynamics and to learn from their experiences, aiming for a more accepting future for all kinds of relationships.