



Institute for
Relational Intimacy

Polyamory: Additional Resources on Opening Relationships

[*Polyamory: A Clinical Toolkit for Therapists \(And Their Clients\)*, by Martha Kauppi, 2021](#)

This groundbreaking guide to consensual non-monogamy offers a reading experience that feels like consulting with a trusted advisor. Martha Kauppi equips you with the skills to be a true ally to clients who want to explore polyamory. Learn from the expert who trains experts as she debunks myths and shares the exact tools she uses with her own clients. Purchase from independent bookseller [A Room Of One's Own](#), from the publisher [Rowman and Littlefield](#), or from [Amazon](#).

[*Polyamory: A Clinical Toolkit for Therapists \(And Their Clients\) Handout Set*](#)

by Martha Kauppi, 2021

The exercises and worksheets from Martha's book, *Polyamory: A Clinical Toolkit for Therapists (And Their Clients)*, are now available as a conveniently-formatted PDF so you can download, print, and share them with your clients.



[*8 Steps to Opening Up: Starting the Conversation About Non-Monogamy*](#), by Martha Kauppi

This free ebook is a step-by-step guide to help you raise the topic of non-monogamy and explore it with your partner.



[*Polysecure: Attachment, Trauma, and Consensual Nonmonogamy*](#), by Jessica Fern, 2020

Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships.