

**2021 Spring**

**TASHRA Foundations Training**

**Tickets Available Now**

**Elements: Building a Kink-Inclusive Practice**

Live Online Workshop

2 hour online sessions, 1 weekend, Saturday and Sunday

9 am to 11 am Pacific Standard Time

First session: Saturday, March 27th

Second session: Sunday, March 28th

Perspective matters in culturally humble care. Whether you are an established clinician or just beginning your professional journey, this workshop offers new insights and fresh ideas to strengthen a kink-inclusive environment and refresh practice protocols and tools. In this workshop, explore the practical, political, legal and ethics of a kink-inclusive practice with an emphasis on where you live, where you practice and your unique offering to kink-interested clients. You will leave with actionable insights or a self-directed exercise to offer your best in 2021.

### **Learning Objectives**

After completion of the webinar, attendees will be able to...

1. Outline at least two strategies for outreach to sexual minority communities
2. Describe two strategies to make recordkeeping and paperwork more inclusive
3. Discuss challenges within the field for building a kink competent practice, with an emphasis on regional differences
4. Outline ethical issues when working with kink-involved clients

### **Format:**

The workshops will combine didactic instruction, case examples, and group discussion to demonstrate the practice of working with kink-involved clients.

**Cost:** \$150.00 with 4 APA CE credits, \$75.00 without APA CEs; All attendees receive AASECT CEs. Optional \$20 follow-up session to be scheduled one month after the original training. This follow-up session will be no more than two hours.

### **Instructor Bios:**

#### **Zita Nickeson:**

Zita Nickeson is a Certified Sex Therapist and Sex Educator as well as the owner of NW Sexual Counseling, her private practice of over 10 years. Her office is located in Spokane, WA (Eastern Washington), however she serves clients in Idaho, Montana, Wyoming and across Washington State. Living and working in a rural, more conservative region, Zita has developed an alternative insight into the dynamics of working within the sexual health field, as well as developing a Kink inclusive practice. As one of the only Sex Therapists in this region, as well as the only Kink Aware professional between Seattle and Chicago until recent years, Zita has supervised graduate students and new professionals going into the sexual health field. She is pleased to share the insight she has gained over the years, her experience in developing and maintaining a Kink Inclusive practice, and how she has learned to navigate the complexities of Kink within rural areas.

#### **Carrie Jameson:**

Carrie Jameson, LCPC (she/hers) is a therapist in private practice in Chicago. Carrie works with people of all orientations, identities, and relationships, including heterosexual, LGBTQIA, POC, fetish, kink, and alternative relationships (such as consensual non-monogamy, swinging, and polyamory) and those who are working through issues related to sexuality. She has completed the sex therapist training program at the Modern Sexuality Institute and is currently in a Somatic Experiencing training program. Carrie is a member of the Kink Practice Guidelines team and is currently an adjunct professor at Adler University. Carrie is passionate about working with kink involved clients and combining her experience with trauma, body based therapy, and sex therapy to provide a non-judgmental place for people for kink-identified clients to receive mental health services. She is also passionate about educating other therapists how to become more kink and non-monogamy aware and regularly presents at KPACT (Kink, Polyamory Aware Chicago Therapists), MOTE, and guest lectures in local psychology professional schools.

#### **Richard Sprott:**

Richard Sprott received his Ph.D. in Developmental Psychology from UC Berkeley in 1994. His early work was on social and language development in early childhood. Throughout the 1980s, he conducted program evaluations for educational programs for migrant farmworker

families and worked in other areas of migrant farmworker education. As a researcher he has examined in detail the relationship between professional identity development and the development of professional ethics in medical doctors, ministers and teachers, and professional identity development in emerging fields of work. He is currently directing research projects focused on identity development and health/well-being in people who express alternative sexualities and non-traditional relationships, with a special emphasis on kink/BDSM sexuality, and polyamory or consensual non-monogamy. He is the President-Elect of the Society for the Psychology of Sexual Orientation and Gender Diversity (APA Division 44) for 2020-2021. He is also the co-author of *Sexual Outsiders: Understanding BDSM Sexualities and Communities* (Rowman & Littlefield, 2013). Along with Dr. Elisabeth Sheff, he is co-editor of a new book series *Diverse Sexualities, Genders, and Relationships* from Rowman & Littlefield. All of these efforts highlight the ways in which stigma, prejudice, minority dynamics, health, language, identity development and community development all intersect and affect each other. Richard currently teaches courses in the Department of Human Development and Women's Studies at California State University, East Bay and graduate level courses at various universities in the Bay Area, including UC Berkeley and Holy Names University.

**Anna Randall:**

Anna Randall, DHS, LCSW, MPH (she/her/hers) is co-founder & Executive Director of TASHRA - The Alternative Sexualities Health Research Alliance ([tashra.org](http://tashra.org)), a national nonprofit research and clinical training organization. She holds a Doctorate in Human Sexuality, a Masters in Public Health, and a Masters in Social Work from Boston Univ. Dr. Randall is a published researcher on the lived-experienced of kink-involved (BDSM & fetish) individuals, a sex therapist & adjunct faculty at Widener Univ. Recent involvements: Clinical Practice Guidelines for Working with People with Kink Interests, founder of the MOTE Conference, and Co-lead Investigator on the Kink Health Survey 2021 based on the 2016 preliminary findings.

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**Continuing Education**

The complete two-day event of two hours each day is eligible for 2 CE units. CE credit is APA and/or AASECT credit. 4 CE credits are available total.

CARAS is the organization that will sponsor the CE credit. CARAS is approved by the American Psychological Association to sponsor continuing education for psychologists. CARAS maintains responsibility for this program and its content. [www.carasresearch.org](http://www.carasresearch.org)

Many states honor APA CE credits for other licenced health professionals, please check with your own state licensing board.

This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 2 CE credits per module. These CE credits may be applied toward AASECT certification and renewal of certification. Completion of this program does not ensure or guarantee AASECT certification. For further information please contact [info@assect.org](mailto:info@assect.org).

For further information on CE credit, please contact Richard Sprott at [richard@tashra.org](mailto:richard@tashra.org) directly.

### **Cancellation Policy**

You may cancel up to ten days before a scheduled workshop without penalty and receive a credit for another workshop or a refund minus \$10 for processing costs. If you cancel less than ten days before, you will be responsible for payment. CARAS reserves the right to cancel any event that is less than 60% full within 4 business days of the class. If CARAS cancels an educational event, you will receive a credit toward another workshop.

### **CARAS Complaint Resolution Procedures**

CARAS is committed to conducting all activities in compliance with the American Psychological Association's Ethical Principles of Psychologists. CARAS will adhere to all legal and ethical responsibilities to be nondiscriminatory in promotional activities, program content, and the treatment of program participants. Monitoring and assessment of these standards will be the responsibility of the Continuing Education Administrator. While CARAS makes every attempt to assure fair treatment for all participants, occasionally complaints will arise about continuing education programs. The procedures for addressing complaints are as follows:

When a participant files a complaint, either orally or in written format, and expects action on the complaint, the following actions will be taken.

1. If the grievance concerns a speaker, the content presented by the speaker, or the style of presentation, the individual making the complaint will be asked to put his/her comments in written format. The on-site CE Coordinator will then pass the comments on to the speaker, assuring the confidentiality of the complainant.
2. If the complaint concerns a workshop offering, its content, level of presentation, or the facilities in which the workshop was offered, on-site CE Coordinator will mediate and attempt to resolve the complaint on-site. If the participant requests action, the Coordinator is empowered to:
  - a. attempt to move the participant to another workshop, or
  - b. provide a credit for a subsequent year's workshop, or
  - c. provide a partial or full refund of the workshop fee.

Actions 2b and 2c will require a written note, documenting the grievance, for record keeping purposes. The note need not be signed by the grieved individual.

3. If the complaint is made after the program has occurred or concerns the CARAS CE programming more generally, the CARAS Complaint Panel will address it as follows:

- a. Request that the complainant submit a written complaint and propose an appropriate remedy,
- b. provide the instructor(s) with the opportunity to respond to the complaint and propose an appropriate remedy,
- c. review these documents, make a final determination, and decide on any remedy.

For further information, contact the Executive Director of CARAS, Richard A. Sprott, at [richard.sprott@carasresearch.org](mailto:richard.sprott@carasresearch.org) or at 510-919-4488. You can also contact us at CARAS, P.O. Box 812, Rio Vista, CA 94571