SICK FUCK: NAVIGATING KINK & CHRONIC ILLNESS

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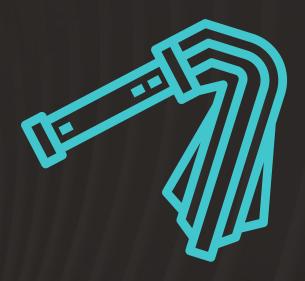
BDSM/KINK SPECIAL INTEREST GROUP



Work-Throughs Work-Arounds Acceptance

WORK-THROUGHS

I.E., HOW CAN WE FIGHT PAIN WITH PAIN?



Endorphins & Endocannabinoids

Distraction

Control



Pain Self-Efficacy

MINDFULNESS

"The non-judgmental awareness and acceptance of emotions, thoughts, and physical sensations in the present moment"

Mindfulness to Control Pain

- "Rolling out the welcome mat" to pain, rather than fighting it
- Unwanted pain often elicits an emotional-cognitive "storyline" / catastrophizing
 o "Uncoupling" this storyline from physical sensations can ameliorate pain

Pain to Foster Mindfulness

- Pain can be a shortcut to mindfulness, focusing attention onto the here and now
- BDSM practitioners reported higher levels of mindfulness than undergraduates o Mindful states induced by kink increased dispositional mindfulness?

WORK-AROUNDS

For Doms

- Co-topping to reduce strain on body
- Letting the sub do more of the work (hit self, masturbate while Dom reads erotic story aloud, etc.)
- Implement usage

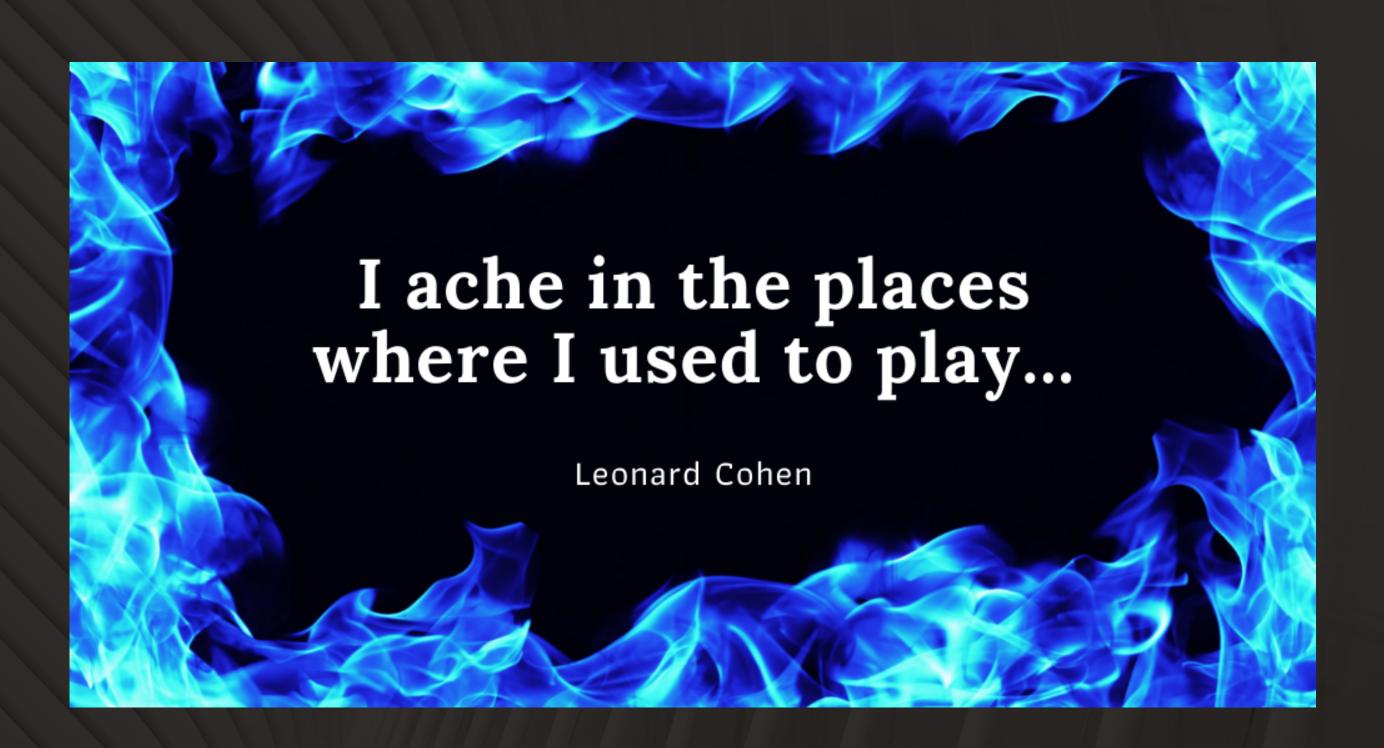
For Subs

- Safewords specific to chronic or illnessrelated pain
- Communicating what areas and activities are off-limits
- Knowing it's alwaysOK to say no!

For All

- Adaptive kink: modified toys/tools/furniture
- Creative use of clothing, props, medical devices
- Modifying positions
- Trying psychological play: D/s, voice play, mindfucks, etc.
- Allowing extra time for taking breaks

GRIEF ACCEPTANCE



SUPPORTING "SICK FUCKS"

- Appropriate, culturally competent, non-judgmental care from physical and mental health care providers increased client confidence in continuing life as desired, even with modifications
- Kink Aware Professionals: kapprofessionals.org
- The Alternative Sexualities
 Health Research Alliance:
 TASHRA.org

- Support from peers & partners
- Medical schools requiring training on BDSM/Kink
- Continuing Education requiring learning best practices and addressing areas for improvement
- Play/sex spaces infrastructure which allows for modifications:
 - o More places to sit/lie down
- o Well-spaced equipment at various heights
- o Trauma- and accessibilityaware dungeon monitors

ANY QUESTIONS?

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References & Further Reading:

bit.ly/sickfuck

