

SICK FUCK: NAVIGATING KINK & CHRONIC ILLNESS

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BDSM/KINK SPECIAL INTEREST GROUP



THE SOCIETY FOR THE
SCIENTIFIC STUDY OF SEXUALITY

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
 - "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
 - 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 illness-related pain
- Communicating what areas and activities are off-limits
- Knowing it's always OK 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

**I ache in the places
where I used to play...**

Leonard Cohen

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:
 - More places to sit/lie down
 - Well-spaced equipment at various heights
 - Trauma- and accessibility-aware dungeon monitors

ANY QUESTIONS?

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Coming Soon: eroticeducator.com

References & Further Reading:

bit.ly/sickfuck



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