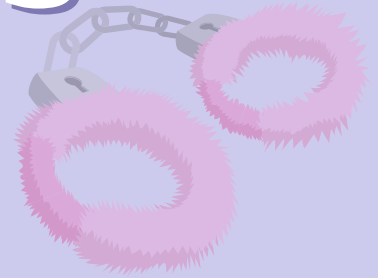


bdsm* play in sexual abuse survivors



B D S M

Bondage &
Discipline

Domination &
Submission

Sadism &
Masochism

- BDSM involves sexual activities marked by power dynamics (e.g., giving orders) and the use of pain (e.g., spanking).
- Some sexual abuse survivors who experienced severe power imbalance and harmful behaviors, report that BDSM represents a secured, sexual play time which helps them on their healing journey.

bdsm* a secure playground for survivors?

SECURE BDSM PLAY CAN GIVE SURVIVORS SPACE TO REVISIT MEMORIES OF EARLY ABUSE FROM AN EMPOWERING STANCE.



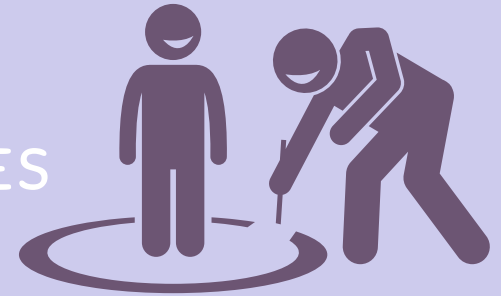
THE RULES AND STRUCTURE OF BDSM, CAN ENABLE SURVIVORS TO ACTIVELY MANAGE THEIR SEX LIFE FROM A POSITION OF CERTAINTY AND CONTROL.

PARTNERS CAN HELP SHIFT THE NARRATIVE FROM ABUSE TO EMPOWERMENT AND MUTAL RESPECT BY SUPPORTING BOUNDARIES AND RESPONDING WITH EMPATHY.

tips to positive bdsm practices for survivors:

DRAW A LINE IN THE SAND:

ESTABLISH AND AGREE ON CLEAR BOUNDARIES



NO MEANS NO:

VALIDATE CONSENT AND RESPECT EACH
PERSON'S DECISIONS

IF I SAY "LOLLIPOP" ITS TIME TO STOP:

COME UP WITH AND RESPECT SAFE WORDS



KEEP TALKING:

MAINTAIN ONGOING COMMUNICATION

bdsm, trauma therapy & the role of the clinician:

BDSM IS NOT A REPLACEMENT FOR THERAPY!

YET, SURVIVORS WHO ARE INTERESTED IN BDSM PLAY
CAN BENEFIT FROM:

EXPLORING THE LINKS BETWEEN BDSM PRACTICES
AND THEIR TRAUMAS.

SUPPORT IN DISCOVERING &
ESTABLISHING THEIR BOUNDARIES IN
BDSM CONTEXTS.

VALIDATION & NON-JUDGEMENTAL
LISTENING AS THEY EXPLORE NEW
EXPERIENCES IN THEIR JOURNEY'S
TOWARDS EMPOWERMENT.

