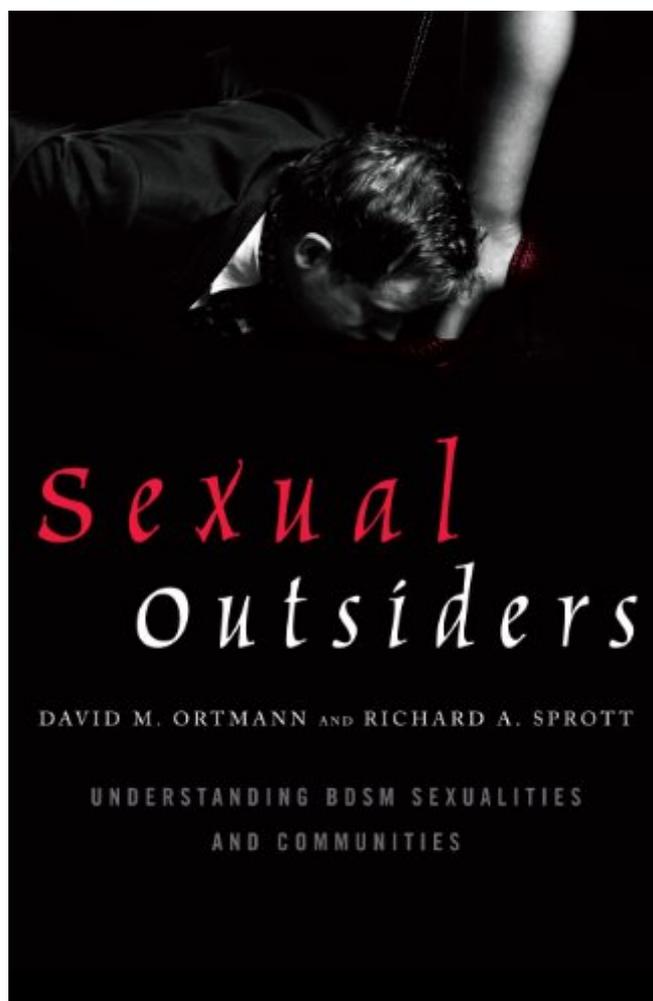


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# Sexual Outsiders: Understanding BDSM Sexualities And Communities



## **Synopsis**

*Sexual Outsiders: Understanding BDSM Sexualities and Communities* delves into the unique experiences of individuals in BDSM communities. While misunderstandings surrounding these communities prevail, BDSM sexuality cuts across race, gender, nationality, and sexual orientation. BDSM describes forms of sexuality that incorporate restraint, pressure, sensation, training, and elements of both erotic and non-erotic power exchange between the engaged parties. Some BDSM scenes include role-playing, spanking, blindfolds, ropes, and erotic costuming. *Sexual Outsiders* is designed as a guide for BDSM community members who must wade through the quagmire of unique problems they face: coming out to family, friends and partners; distinguishing abusive relationships from healthy consensual ones; finding and developing community; overcoming shame and denial; exploring whether BDSM sexuality can be a healing tool; gaining access to quality, culturally competent psychotherapy; and finding strategies to develop a healthy sexual self-esteem in the face of current medical and social standards that view them as sick or pathological. The book also serves as an educational primer for those whose partners, friends, and family members are involved in BDSM. In terms of challenges faced by BDSM communities, the most significant is living with a stigmatized sexuality shame, prejudice, discrimination, isolation, depression, and a lack of adequate, competent mental health care. Issues such as coming out as a sexual minority, finding community and partners, and dealing with scenes and relationships that go wrong are some of the common experiences shared by members of BDSM communities. *Sexual Outsiders* employs common sense, good humor, and vivid anecdotes while incorporating basic ideas about human behavior, psychology, philosophy, interviews, history, and clinical case studies to illustrate the real lives and experiences of men and women in BDSM communities. Anyone wanting to learn more about this unique, and more-common-than-you-think expression of sexuality, will find in these pages insight into the various challenges BDSM practitioners face, and the many strengths that people in the BDSM communities have developed in the face of social stigma and prejudice.

## **Book Information**

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## Customer Reviews

In our recent discussion about *Sexual Outsiders*, a student said: "I couldn't put it down!" I agree. This delightful book is an incredibly easy read, especially for being so densely packed with information. Ortman and Sprott's presentation of a potentially tricky topic is conversational and approachable, weaving interview data with clinical analysis and stories from their practices, and putting it all in a therapeutic framework. *Sexual Outsiders* does not naively present BDSM as a universal good that everyone should try, but instead recognizes it as a complex sexual style that can have both positive and negative expressions. *Sexual Outsiders* provides an overview of BDSM and is especially useful for introducing the idea to people who have not previously considered it in a therapeutic context. Longtime kinksters (or people who are kinky, the community language for BDSM sexuality) will not find much new in this book, but they can certainly appreciate the beautiful way Ortman and Sprott explain key concepts such as power exchange and other lingo that is specific to kink interactions. They describe some of the ways people get interested in BDSM and explore the processes of coming out as kinky to one's self and others. Chapter four, *Stories of Personal Growth and Healing*, was especially touching for me, and reading about the tremendous personal growth and healing some people experience as a result of intense role-play and sensation gave me fresh insight on kinky sexualities and practitioners. *Sexual Outsiders* also looks at how things can go wrong and when BDSM is contraindicated, as well as the relationship dynamics that can make power erotic.

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