

Il "Poliamore" in Italia

Dott.ssa Giorgia Rosamaria Gammino
Psicologa, Sessuologa Clinica - Padova
Socia Allieva AFPP, Socia Ordinaria CIS
Delegata CIS in FISS Giovani





"NON MONOGAMIE CONSENSUALI"

Dott.ssa Giorgia Rosamaria Gammino

"Scambismo"

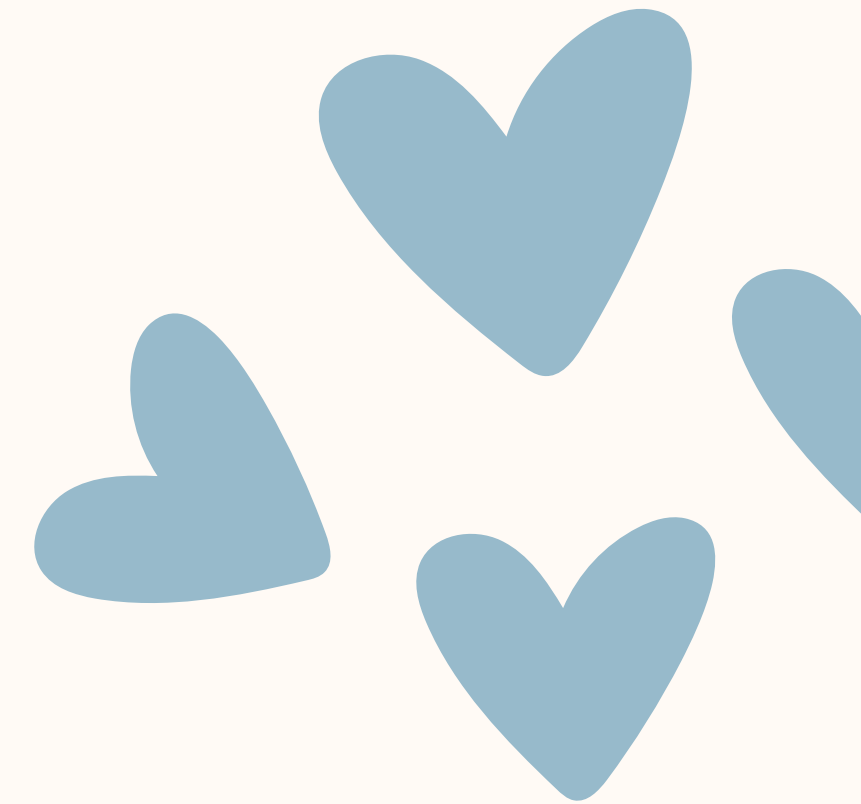
Lo *scambismo* o *swinging* è un comportamento non monogamico nel quale due persone coinvolte in una relazione hanno rapporti sessuali con altre coppie, di solito a scopo esclusivamente ricreativo

"Relazione aperta"

rapporto in cui le persone coinvolte accettano, permettono o tollerano una forma di non esclusività sessuale e/o sentimentale., pur vivendo all'interno di una relazione elettiva

"Poliamore"

la pratica, il desiderio o la semplice accettazione dell'idea che si possano amare più persone contemporaneamente: è sufficiente accettare la possibilità che questo avvenga, per noi stessi e per le persone che amiamo. Per alcuni è proprio un'orientamento relazionale (Tweedy, 2011), una questione identitaria più che uno stile



La comunità scientifica non è attualmente in accordo su queste definizioni, che rimangono pertanto autodefinizioni dei componenti stessi della comunità

Dott.ssa Giorgia Rosamaria Gammino

EXAMPLES OF POLYAMOROUS CONFIGURATIONS



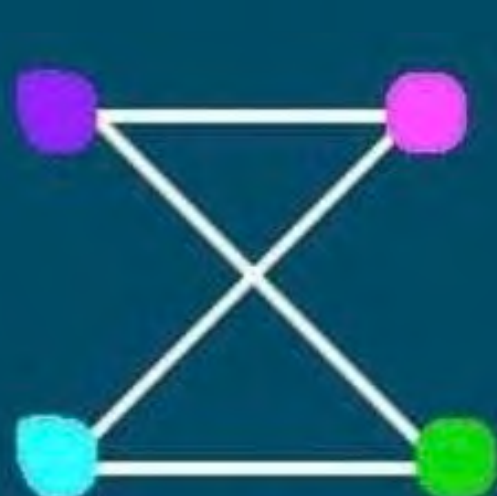
Vee type



Triangle/Triad



Z or N type



Sandclock



Quad



Web type

These are just some examples, there are many other configuration types that can be made by the involved. Remember, always consent and communication.



Dott.ssa Giorgia Rosamaria Gammino

"Polecola"

Un modo scherzoso per definire una rete di relazioni tra partner poliamorosi, la quale può comprendere anche i rispettivi metamori. Il nome deriva dal fatto che, disegnandola su un foglio, assomiglia allo schema di una molecola.



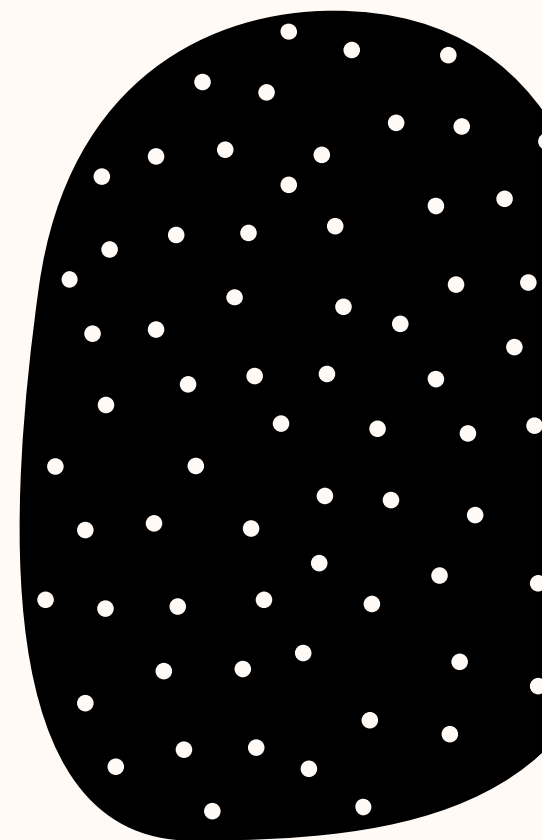
"Solopoly"

Stile poliamoroso in cui nelle proprie relazioni non si cerca una progettualità da classica "scala mobile relazionale" (convivenza, condivisione finanze, figli etc). Ci possono essere altri tipi di progettualità e la relazione comporta comunque un investimento emotivo.



"Anarchia relazionale"

Orientamento/filosofia relazionale per cui non si categorizzano o gerarchizzano i rapporti tra le persone e si utilizzano regole uniche e personalizzate invece che quelle convenzionali per la nostra società (es: differenza tra amici e fidanzati)



Dott.ssa Giorgia Rosamaria Gammino

E la gelosia?

Le persone "poly" riportano di provare invidia e gelosia ma cercano di utilizzarle come opportunità per aumentare chiarezza e connessione, comunicando il proprio stato emotivo ai partner,

VS

Compersione!

stato di gioia empatica che si prova quando una persona che amiamo è felice per un motivo esterno a noi. Questa causa terza può essere un'altra persona, sessualmente o romanticamente coinvolta, o meno.



Flicker et al., 2022
Compersion è facilitata da:
valore di sé, comunicazione,
percezione che i propri bisogni
siano tenuti in considerazione
dal partner, rapporto positivo
con metapartner

Dott.ssa Giorgia Rosamaria Gammino

Come approcciarsi a queste comunità?



- Decostruire schemi e stereotipi
 - avere un approccio aperto e non giudicante
- Spesso molte persone "poly" cercano specialisti "friendly" per parare del giudizio e cercano approcci "affermativi" volti ad accogliere questa parte di sé in maniera ego-sintonica

Dott.ssa Giorgia Rosamaria Gammino

Love and sex: polyamorous relationships are perceived more favourably than swinging and open relationships

Jes L. Matsick*, Terri D. Conley, Ali Ziegler, Amy C. Moors and Jennifer D. Rubin

Departments of Psychology and Women's Studies, University of Michigan, Ann Arbor, MI, USA

(Received 31 July 2013; accepted 6 August 2013)

Consensual non-monogamy (CNM) refers to romantic relationships in which all partners agree to engage in sexual, romantic and/or emotional relationships with others. Within the general framework of CNM, subtypes of relationships differ in the extent to which partners intend for love and emotional involvement to be a part of their multiple relationships (that is, some relationships may prioritise love over sex with multiple partners, or vice versa). The present study examined whether individuals were more likely to stigmatise relationships that: (i) focus on loving more than one person (which is characteristic of polyamory), (ii) focus on having sex without love (which is characteristic of swinging lifestyles), or (iii) involve having sex without love without a partner's participation (which is characteristic of open relationships). In the present research, participants were assigned to read a definition of one of the three CNM relationship types (i.e. a swinging, polyamorous or open relationship) and to indicate their attitudes towards individuals who participate in those relationships. Results show that swingers were overwhelmingly perceived more negatively (e.g. less *responsible*) than individuals in polyamorous relationships and that people in open relationships were sometimes perceived more negatively (e.g. less *moral*) than people in polyamorous relationships. Overall, findings suggest that people are more uncomfortable with the idea of strictly sexual relationships (i.e. swinging relationships) than relationships involving multiple romantic/emotional attachments (i.e. polyamorous relationships).

Keywords: consensual non-monogamy; swinging; polyamory; societal attitudes

Pagina 3 / 12



*I monogami hanno
maggiore stigma per
chi è in "coppia
aperta" o "scambista"!*



Dott.ssa Giorgia Rosamaria Gammino

Dimming the “Halo” Around Monogamy: Re-assessing Stigma Surrounding Consensually Non-monogamous Romantic Relationships as a Function of Personal Relationship Orientation

Rhonda N. Balzarini*, Erin J. Shumlich, Taylor Kohut and Lorne Campbell

Department of Psychology, University of Western Ontario, London, ON, Canada

2018

Previous research suggests that both monogamous and consensually non-monogamous (CNM) participants rate monogamous targets more positively. However, this pattern of stigma toward CNM relationships and the “halo effect” surrounding monogamy is at odds with the view that people typically favor members from their own groups over members of other groups. In the current research, we sought to re-examine the halo effect, using a more direct measure of stigma (i.e., desired social distance), in a methodological context that differentiates between the three most common types of CNM relationships. A convenience sample ($N = 641$) of individuals who self-identified as monogamous ($n = 447$), open ($n = 80$), polyamorous ($n = 62$), or swinger ($n = 52$) provided social distance ratings in response to these same relationship orientations in a counterbalanced order. Congruent with prior findings, CNM participants favored monogamous targets over CNM targets as a broad category (replicating the halo effect). However, results indicated this effect dissipated when participants were asked to differentiate between relationships they identify with, and other CNM relationships. Furthermore, supplementary findings suggest that monogamous targets were perceived to be the least promiscuous and were associated with the lowest perceived sexually transmitted infection (STI) rates, while swinger targets were perceived as the most promiscuous and were associated with the highest perceived STI rates. Consequently, our results imply social distance is partly attributable to the perception of STI risk, but not perceptions of promiscuity.

Keywords: consensual non-monogamy, monogamy, stigma, social distance, halo effect, promiscuity, STIs



*Stigma presente
anche nelle stesse
persone
NMC che
percepiscono i
monogami più
positivamente e
come meno
promiscui e affetti
da IST*

Dott.ssa Giorgia Rosamaria Gammino

They must be sick: consensual nonmonogamy through the eyes of psychotherapists

Katarzyna Grunt-Mejer & Agnieszka Łyś (2019)

Abstract

This study examined current and prospective psychotherapists' attitudes toward different relationship types (monogamy, polyamory, swinging, and cheating). The sample consisted of 324 participants who were presented with hypothetical vignettes of couples involved in each type of relationship and seeking the help of a psychologist due to symptoms of depressive disorders, alcohol abuse, erectile dysfunction, or marital conflicts. The participants rated relationship satisfaction, the morality-, and competence-related abilities of the clients, hypothesized about the source and possible solutions to the problem, and assessed the possibility of finding a therapeutic solution. People in nonmonogamous relationships were rated lower than monogamous ones on scales related to relationship satisfaction, morality, and cognitive abilities. Moreover, the participants often associated the source of nonmonogamous clients' problems with their lack of sexual exclusivity, while the source of problems in the case of monogamous clients was usually assessed as being unrelated to any aspects of the relationship. A qualitative analysis of the hypotheses and solutions points to strong pathologization of consensual nonmonogamy: it was assumed harmful to the relationship, and people who engage in it were attributed numerous psychologically negative qualities. A distinct tendency to persuade clients to stop pursuing the open relationship format was also visible.

Q Keywords: Consensual nonmonogamy polyamory swinging attitudes psychotherapy

Dott.ssa Giorgia Rosamaria Gammino



La letteratura sul tema:
caratteristiche
sociodemografiche e
comportamenti sessuali

Archives of Sexual Behavior
<https://doi.org/10.1007/s10508-018-1178-7>

ORIGINAL PAPER



Open Relationships, Nonconsensual Nonmonogamy, and Monogamy
Among U.S. Adults: Findings from the 2012 National Survey of Sexual
Health and Behavior

Ethan Czuy Levine¹ · Debby Herbenick² · Omar Martinez³ · Tsung-Chieh Fu² · Brian Dodge²

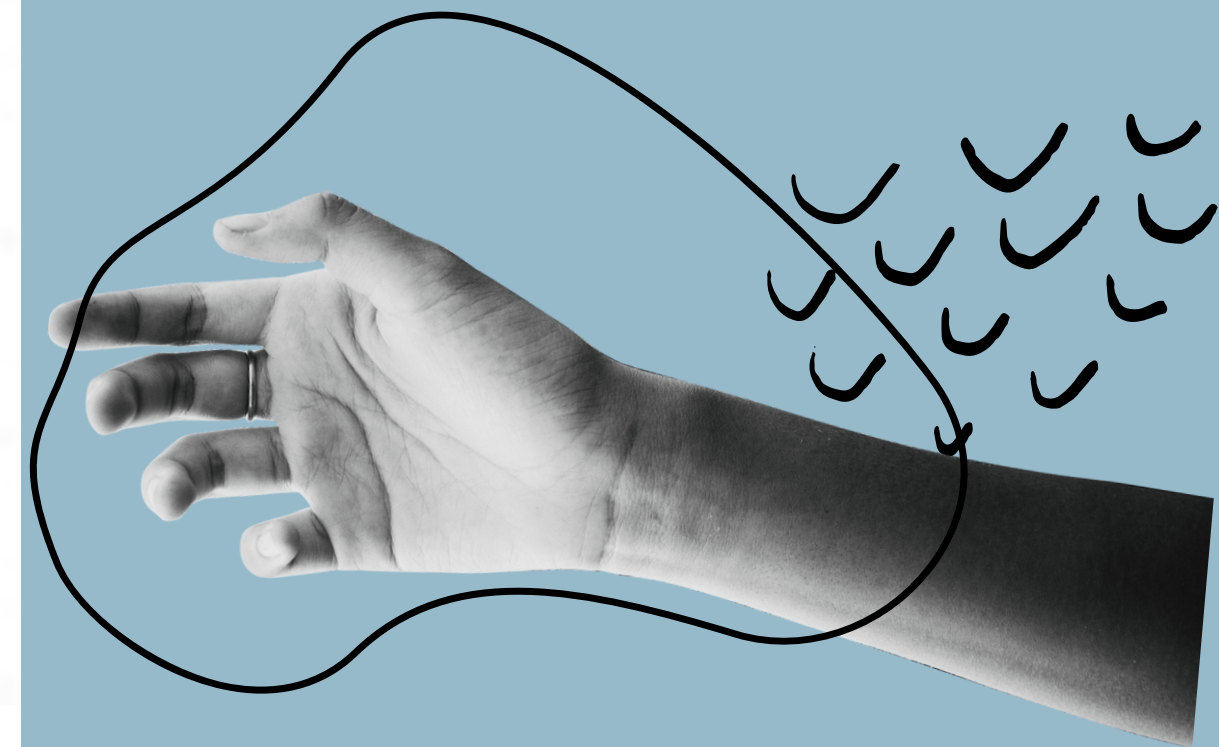
2018

2270 partecipanti: 89% m, 4% aperti e 8% nmnc.
M, omosex e bisex e minoranze (ispanici) più
probabile che fossero in relazione aperta.
Bisex, Black e non ispanici: più probabile NMNC;
meno probabile per anziani
Relazione aperta: più frequente uso di condom e
meno soddisfazione relazionale che nei
monogami.
Nmnc più frequenti test hiv e più bassa
soddisfazione.

Abstract

People in open and other consensually nonmonogamous partnerships have been historically underserved by researchers and providers. Many studies group such partnerships together with nonconsensual nonmonogamy (NCNM) under the banner of “concurrent sexual partnerships.” Discrimination from service providers poses a substantial barrier to care. Responding to such concerns, this investigation explored sociodemographic correlates with open relationships and associations between relationship structure and sexual risk, HIV/STI testing, and relationship satisfaction in a nationally representative probability sample. Data were drawn from the 2012 National Survey of Sexual Health and Behavior ($n = 2270$). We used multinomial logistic regression to identify correlates with relationship structure, and linear and logistic regression to investigate associations between relationship structure and testing, condom use, and relationship satisfaction. Eighty-nine percent of participants reported monogamy, 4% reported open relationships, and 8% reported NCNM. Males, gay/lesbian individuals, bisexual individuals, and those who identified as “Other, Non-Hispanic” were more likely to report open relationships. Bisexual individuals and Black, Non-Hispanic participants were more likely to report NCNM; older participants were less likely to do so. Participants in open relationships reported more frequent condom use for anal intercourse and lower relationship satisfaction than monogamous participants. NCNM participants reported more HIV testing and lower satisfaction. Identities, experiences, and behaviors within open and other consensually nonmonogamous populations should be regarded as unique and diverse, rather than conflated with those common to other relationship structures. There is a need for greater awareness of diverse relationship structures among researchers and providers, and incorporation of related content into educational programming.

Dott.ssa Giorgia Rosamaria Gammino



Balzarini et al., 2018:

2428 poly e 539 mono e comparato i campioni. I poly più frequentemente: membri di minoranze sessuali, in unione civile o divorziati, guadagnavano più di 40.000 \$/anno; tendevano maggiormente a rispondere "altro" nelle domande suggerendo che tendono generalmente a scegliere le opzioni meno tradizionali.

Moors et al., 2021

Su 3438 single: il 16,8 % interessanti a sperimentare il poliamore (più frequenti giovani, maschi e di minoranze sessuali); il 10,7 % lo ha sperimentato (m e con basso livello scolastico); il 14,2 non è interessato ma rispettoso.

Dott.ssa Giorgia Rosamaria Gammino



disturbi di personalità borderline e narcisistici?

Abstract

Purpose: Starting (the latter) as a part of an initial hypothesis, trying to identify the possible aetiological causes. For the purposes of this research, other possible causes that are not directly linked to a psychopathological nature are therefore excluded.

Methods: The phases of the research were divided as follows: 1) Selection of the population sample divided into seven groups (A, B, C, D, E, F, G) as indicated in section 3 of this research work; 2) Clinical interview, to each population group; 3) Administration of the PICI-2 and PSM-Q (sections A, E), to each population group; 4) Data processing following administration; 5) Comparison of data obtained.

Results: The entire sample of the selected population (550 people) presents a number of dysfunctional personality traits that are significant for diagnosing a specific disorder; in particular: in cluster A anxiety disorder, phobic disorder, obsessive disorder, dependent disorder and depressive disorder are recurrent; in cluster B bipolar disorder, borderline disorder, narcissistic disorder and sadistic-masochistic disorder are recurrent; in cluster C schizoid disorder, schizotypal disorder, schizoaffective disorder and dissociative disorder are recurrent. Behavioural dependency disorder and/or drug/alcohol dependency disorder is present in all the subjects investigated. In the male population sample (192 individuals), the percentage of cluster B disorders (with a greater prevalence for borderline and narcissistic disorder) tends to be markedly higher than in the female sample in the sexual troilistic forms, while it attenuates in the polyamorous form. In the female sample (358 persons), the percentage of cluster B disorders (with a higher prevalence for borderline and narcissistic disorder) tends to be markedly higher than in the male sample in the sentimental troilistic forms, while it attenuates in the polysexual form, although it is still higher than the average for the male sample. In both sexual genders, the net prevalence of cluster C disorders (in comorbidity with narcissistic traits) is in the anarchic sentimental troilistic form. The entire sample of the selected population (550 people) presents positivity on the test of dysfunctional behaviour in polygamous relationships, with extremely high data in the relational troilistic and polyamorous forms with a binary and/or anarchic style. The integrative questions put to the selected population sample revealed: for the male population sample, betrayal (76.4%) as the main cause that influenced the polygamous choice and narcissistic control in the relationship (47.4%) as the preferred cause of the polygamous choice. A clear minority (28.8%) is not sure or has doubts about the polygamous choice; for the female sample, failed family experiences (61.9%) are the main cause that influenced the polygamous choice and narcissistic control in the relationship (47.4%) is the preferred cause of the polygamous choice. A clear minority (23.3%) is not sure about the polygamous choice or has doubts, although the choice to embark on polygamous life is for a good percentage (40.4%) dependent on a choice originally proposed by the partner, unlike the male sample (18.6%).

/IJSRHC-4-127.php

ale scorporo -...  Sicurezza Postale W...  Progetto Tessera Sa...  bandi scuole

the selected population sample revealed: for the male population sample, betrayal (76.4%) as the main cause that influenced the polygamous choice and narcissistic control in the relationship (47.4%) as the preferred cause of the polygamous choice. A clear minority (28.8%) is not sure or has doubts about the polygamous choice; for the female sample, failed family experiences (61.9%) are the main cause that influenced the polygamous choice and narcissistic control in the relationship (47.4%) is the preferred cause of the polygamous choice. A clear minority (23.3%) is not sure about the polygamous choice or has doubts, although the choice to embark on polygamous life is for a good percentage (40.4%) dependent on a choice originally proposed by the partner, unlike the male sample (18.6%).

Conclusions: The data reported and re-elaborated show the total psychopathological predisposition of subjects who consciously and intentionally undertake a polygamous style of couple relationship, confirming the prevalence of borderline and narcissistic disorders, up to the marked presence of psychotic dysfunctional traits in subjects who prefer the sentimental anarchic type of troilist relationship. The main causes that push the subject to undertake the troilist path are mainly traumatic relational experiences of a familial and affective-sentimental kind (betrayal); therefore the emotional tension and anxiety deriving from the fear of reliving negative experiences is attenuated by the troilist style of relationship that allows greater control of the couple's relationship and internal dynamics, favouring a marked narcissistic control that generates, aggravates or self-feeds the dysfunctional traits found. In fact, the emotional experiences lived during the troilist (polygamous or polyamorous) conduct act as positive reinforcement, for the maintenance and strengthening of the subject's beliefs. Confirmation of this hypothesis is the finding that, for both the male and female population samples, narcissistic control is the central motive for maintaining the troilist style. As already confirmed in another study, the troilist choice (polygamous or polyamorous) is also to be considered markedly psychopathological, and therefore deserving of in-depth clinical investigation in order to better frame the patient and support him or her adequately.

Dott.ssa Giorgia Rosamaria Gammino

Perrotta G (2021) Clinical evidence in Troilism (Polygamy and Polyamory): Definition, psychological profiles and clinical implications. Int J Sex Reprod Health Care 4(1):

Introduction

Few studies investigated the role of psychological variables underlying polylove.

Objectives

To extend the knowledge regarding the psychological profile of polylovers.

Methods

We administered to a sample of individuals reporting to be polylovers and a sample of participants reporting to not be polylovers a battery of self-report questionnaires including the Attitude Towards Polylove scale (ATP), the Multidimensional Sexuality Questionnaire (MSQ), The Experiences in Close Relationships 12 items (ECR-12), the Couple Satisfaction Inventory (CSI), the Difficulties in Emotion Regulation Scale (DERS) and the Difficulties in Emotion Regulation Scale Positive (DERS-P).

Results

We found that controlling for age and gender, polylovers, compared to not polylovers, scored higher on some dimensions of the DERS-P, on the ATP scores and on some dimensions of the MSQ. No others significant differences between groups emerged. Moreover, in the group of polylovers, ATP scores were positively related to sexual satisfaction, sexual self-esteem and sexual consciousness and negatively related to avoidant attachment style and difficulties in regulating positive emotions. Finally, we found that avoidant attachment style moderated the link between ATP scores and sexual self-esteem.

Conclusions

Emotion dysregulation and attachment appear to be central variables explaining the specificity



European Psychiatry

Polyamory

Published online by Cambridge University Press: 01 September 2022

R. Cavalli, G. Rogier and P. Velotti

Show author details

Article

Comments

Metrics



Rispetto ai non poliamorosi, i poliamorosi hanno livelli più alti in alcune dimensioni del Difficulties in Emotion Regulation Scale (DERS) e in alcune dimensioni del Multidimensional Sexuality Questionnaire (MSQ). La soddisfazione sessuale era correlata positivamente ai risultati nell'Attitude Toward Polylove scale e correlata negativamente allo stile di attaccamento evitante e difficoltà nel regolare emozioni positive.



Dott.ssa Giorgia Rosamaria Gammino



La letteratura sul tema:
comorbilità e disturbi di
personalità, a partire da
una lettura
psicoanalitica

- fludità identitaria delle nuove generazioni ?
- immaturità emotiva (perverso polimordo acuito e supportato da un'ideologia sociale)?
- Difficoltà ad elaborare la posizione depressiva, stare nella mancanza, accettare l'imperfezione dell'oggetto intero?

(Klein, 1946)





La letteratura sul
tema:
la teoria
dell'attaccamento

Molti attivisti NMC e studiosi si sono interessati alla teoria dell'attaccamento. (*"Polysecure. Attachment, trauma and Consensual Nonmonogamy"*, di Jessica Fern.)

Dott.ssa Giorgia Rosamaria Gammino

Alcuni studi hanno provato ad indagare come i vari stili di attaccamento siano correlati ad essere monogami o meno:

[*Ncnm evitamento era legato a atteggiamento positivo e grande desiderio di sperimentare CNM.*

Individui evitanti erano meno frequenti in CNM che nei monogami (Moors et al., 2014); Reconceptualizing Attachment Theory Through the Lens of Polyamory di Mycah Katz & Ellen Katz (2022) Poliamorosi hanno invece prevalentemente attaccamento sicuro o ansioso; in Moorsab et al., 2019 si è notato come lo stile sia diverso per ogni relazione.]

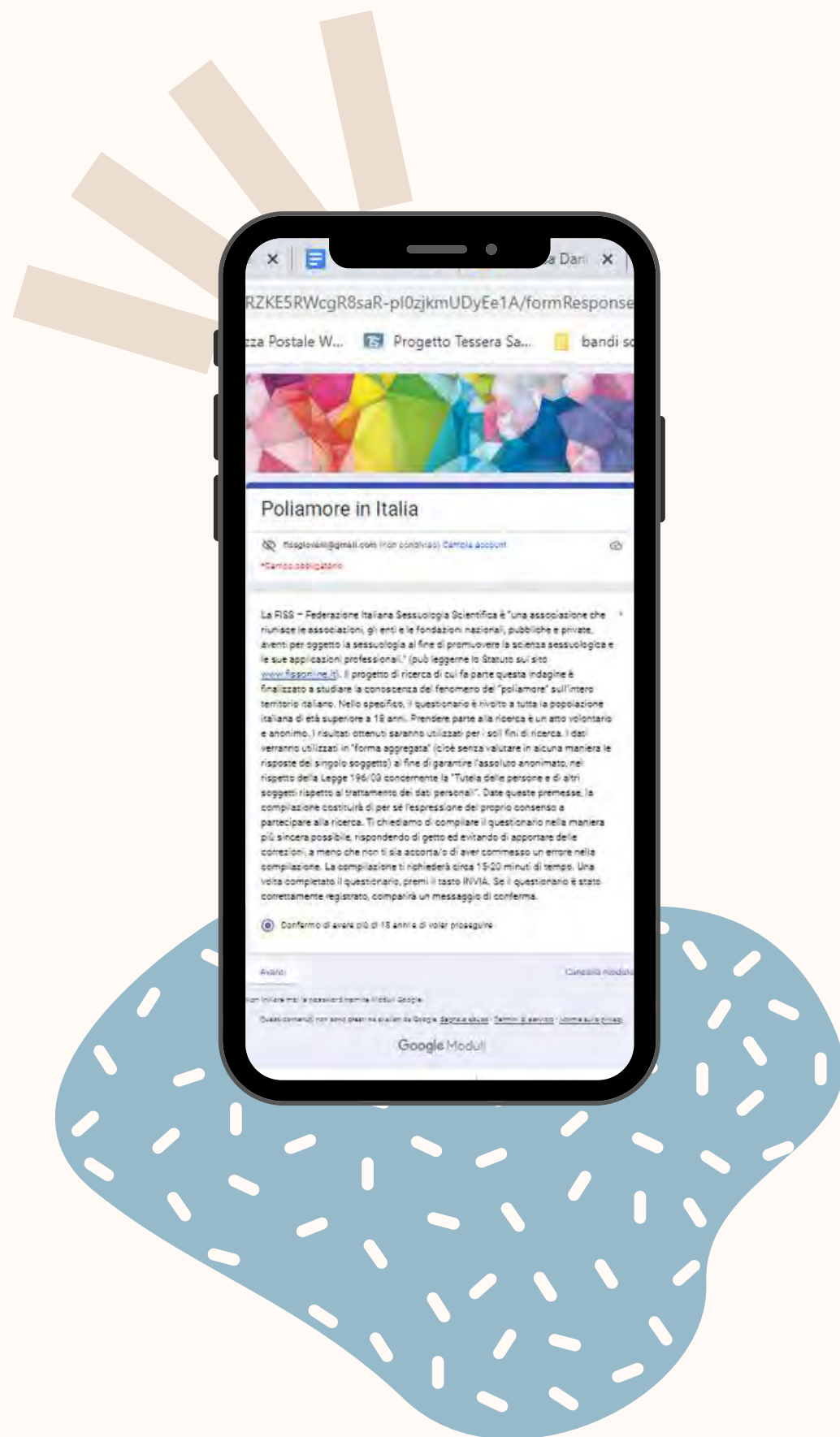
Dott.ssa Giorgia Rosamaria Gammino

La ricerca FISS GIOVANI

OBIETTIVO:

**Esplorare l'opinione degli italiani
in merito al poliamore e i
comportamenti e costrutti di chi si
identifica come "poliamoroso"**





- Il disegno di ricerca è stato predisposto a partire dal 2019
- Prima della somministrazione e diffusione abbiamo coinvolto 10 poliamorosi (tra conoscenti ed attivisti) per delle somministrazioni preliminari e poi coinvolti in una breve intervista semistrutturata, così da raccogliere eventuali suggerimenti.
- La diffusione è avvenuta da metà 2020 a tuttora.

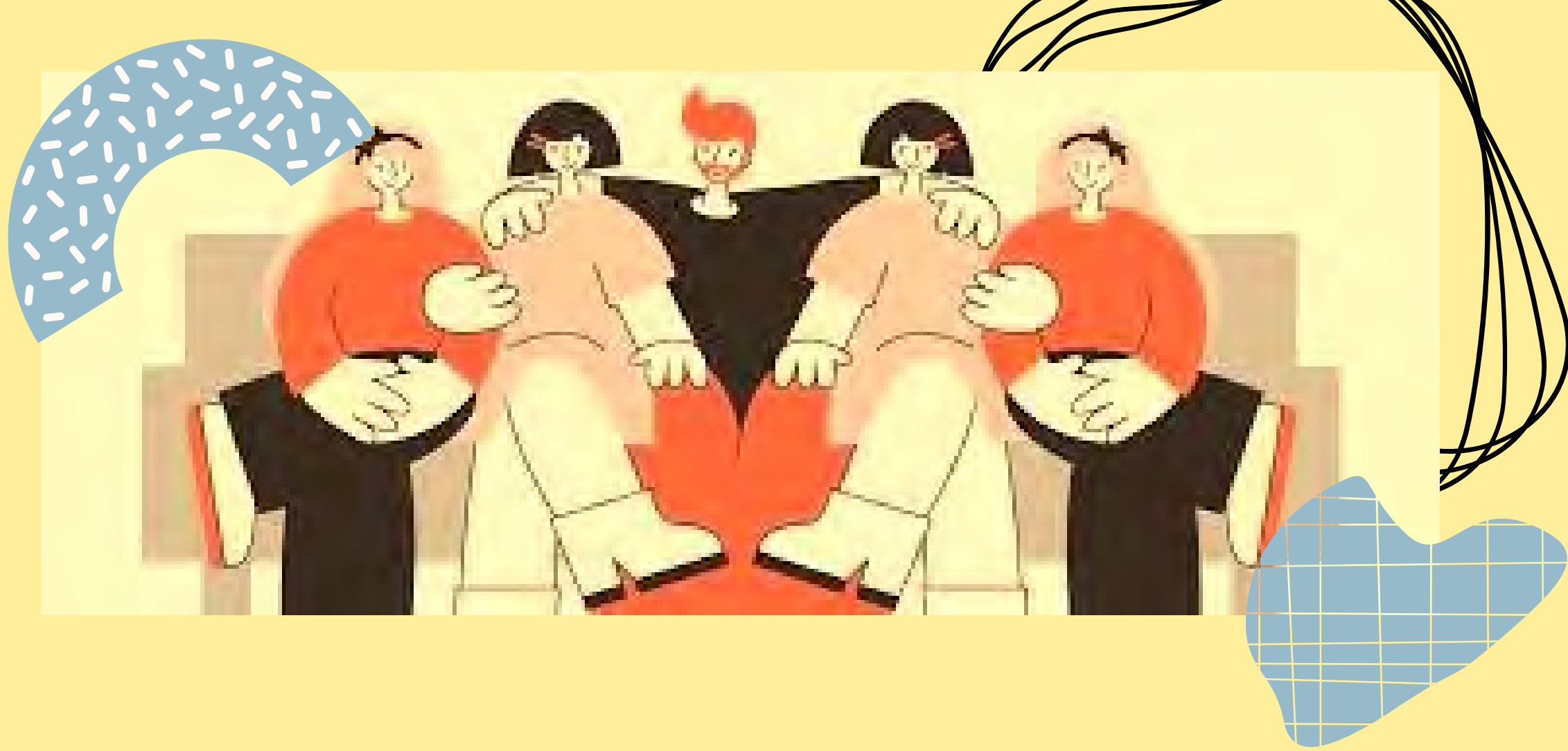
Dott.ssa Giorgia Rosamaria Gammino



Reclutamento

- questionario diffuso tramite gruppi facebook e social di persone poliamorose
- tramite canali personali e istituzionali
- a tutta la popolazione

Dott.ssa Giorgia Rosamaria Gammino



- Il questionario ha una struttura molto complessa e alcuni dei dati sono ancora in fase di analisi
- Abbiamo usato un modulo google in cui sono state inserite domande chiuse e aperte su vari temi:

Dott.ssa Giorgia Rosamaria Gammino

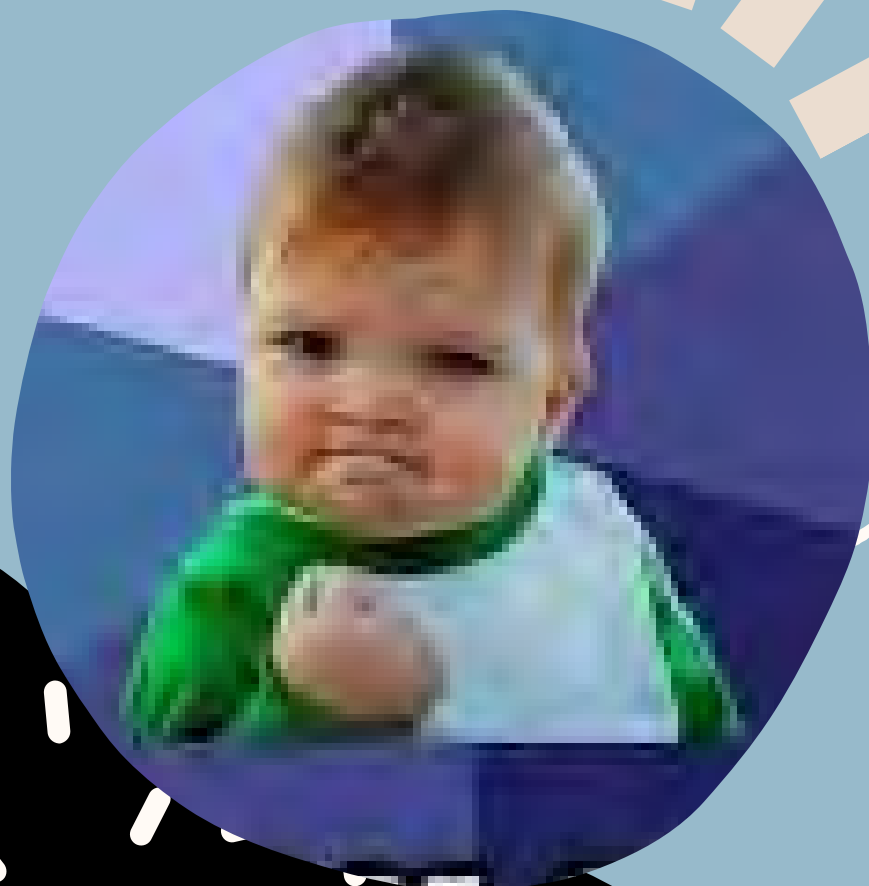


Nella versione messa a disposizione dei partecipanti al Congresso FISS SIC 2022, si è deciso, come gruppo FISS Giovani, di condividere solo le slide introduttive e non quelle relative alla ricerca.

I relativi risultati, che sono ancora in fase di analisi e non pubblicati, verranno diffusi a seguito di pubblicazione in rivista scientifica.

Certi della vostra comprensione, GRG

Grazie per l'attenzione!



Dott.ssa Giorgia Rosamaria Gammino
Psicologa, Sessuologa Clinica - Padova
Socia Allieva AFPP, Socia Ordinaria CIS
Delegata CIS in FISS Giovani

g.r.gammino@gmail.com

