Polyamorous Relationships Annotated Bibliography

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**Conley, T. D., & Moors, A. C. (2014). More oxygen please!: How polyamorous relationship strategies might oxygenate marriage. *Psychological Inquiry*, *25*(1), 56-63.**

The article aimed to determine how polyamorous relationships are likely to improve the monogamous relationships that partners normally have. It, therefore, sought to establish whether polyamorous relationships are likely to improve upon the longevity of the association that partners normally have with one another as well as the general love that they are bound to have in the process. The researchers established that one of the importance of polyamorous relationship is that it provides an individual with a wide pool of people who are likely to meet his diverse needs.

Thus, such a person is likely to develop the need to interact with others much better with the aim to be more effective in the relationships that he shares with them. Thus, the situation is likely to increase upon the amount of oxygen that flows within the relationship. The content provided in the source is good as it provides tenets relating to the advantages of polyamorous relationships. Therefore, it indicates the reasons why people may seek to engage in such forms of relationships. Thus, the information is relevant as it highlights the advantages of such forms of relationship. The researchers have also drawn information from a number of sources, making the article more appropriate to be used. The main bias born in the article is based on the fact that it assumes that only men are likely to engage in polyamorous relationships. Thus, it provides limited opportunities to explore other areas that relate to the relationships that women may also seek to engage in.

**Henrich, R., & Trawinski, C. (2016). Social and therapeutic challenges facing polyamorous clients. *Sexual and Relationship Therapy*, *31*(3), 376-390.**

The article establishes some of the therapeutic and social challenges that polyamorous clients normally experience. Thus, the researchers review literature that covers the concept of polyamory and draws insights from the experience that the researcher has with respect to the practice of such a form of relationship. The researcher then focuses on some of the obstacles that people in polyamorous relationships normally experience in line with having the chance to attain the best quality of life. Most often, they are exposed to institutionalized marginalization, personal identity, and disclosure. The situation is also likely to influence them lack access to the necessary treatment and therapy as well as the necessary knowledge and education that is likely to make them deal with their situation much better.

The article is a good source as it documents some of the negative aspects of polyamorous relationships. Therefore, it provides information on the specific steps that may be applied to enable people who are in such forms of relationships to interact with the world around them much better. The information provided in the source is also relevant as it is written by a professional therapist who has dealt with people in polyamorous relationships. The main weakness of the article is that it fails to provide insights regarding the views that other therapists might be having regarding polyamorous relationships. Such a measure would have been imperative in dealing with the concept of bias.

**Moors, A. C., Matsick, J. L., & Schechinger, H. A. (2017). Unique and shared relationship benefits of consensually non-monogamous and monogamous relationships: A review and insights for moving forward. *European Psychologist*, *22*(1), 55.**

The article aimed to establish some of the positive elements associated with share non-monogamy relationships. To that extent, the researchers aimed to determine whether many people may be interested in such forms of relationships and some of the contributory factors that are likely to boost the interest of many people. The researchers note that such forms of relationships are normally highly stigmatized in the society. The main reason behind the case is based on the fact that it appears to go against what may be considered to be a general norm in the society. Notably, the researchers established some of the relationship benefits that people are likely to obtain from such forms of arrangements. Some of the advantages noted include the concept of inner reward, personal growth, and development as well as need fulfillment.

The source is determined to be good, owing to the fact that it puts a lot of focus on the benefits that a person is likely to obtain from a polyamorous relationship on an individual basis. It, therefore, provides information on some of the reasons that may push people to be part of such forms of relationship. The information is also relevant, owing to its recent status. Therefore, one is likely to believe that the information provided within is likely to remain highly sensitive even to the current times. The downside of the article is that it fails to capture some of the negative concepts that may be linked to polyamorous relationships.

**McCoy, M. A., Stinson, M. A., Ross, D. B., & Hjelmstad, L. R. (2015). Who's in our clients’ bed? A case illustration of sex therapy with a polyamorous couple. *Journal of sex & marital therapy*, *41*(2), 134-144.**

The article illustrates how sex therapy may be used to provide a better understanding of polyamorous relationships. Therefore, it showcases some of the steps that may be applied to provide its better understanding. To that extent, it is likely to expound on the necessary measures that may be taken to provide proper care to people who are in such forms of relationships to ensure that they are bound to benefit from the best life outcomes. The researchers agree that polyamory is one of the areas that are largely under-researched. Therefore, people need to gather more insights that relate to it. It is, therefore, through the move that they are likely to establish the specific measures that may be applied to provide people in such forms of relationships the chance to attain the level of fun and joy that they might be interested in.

The article is a good source as it provides information on therapy, especially in situations where people may be interested in doing away with some of the negative elements that are associated with polyamorous relationships. Thus, it relies on research-based concepts that are likely to improve the situation of polyamorous relationships that may be experienced around the world. The weak area is based on the poor description of how sex therapy helped to provide a better understanding of polyamory.

**Matsick, J. L., Conley, T. D., Ziegler, A., Moors, A. C., & Rubin, J. D. (2014). Love and sex: Polyamorous relationships are perceived more favourably than swinging and open relationships. *Psychology & Sexuality*, *5*(4), 339-348.**

The article explores some of the reasons why polyamorous relationships are considered to be more desirable as compared to other types such as swinging. Therefore, it widens the information base of an individual on the specific issues that would make people prefer being in such forms of relationships. Notably, it is determined to be among some of the best ways that would push people to gain, especially with respect to the different experiences that they normally face in their personal lives. Importantly, the source details that one of the main advantages of such a form of relationship is that it provides people with the chance to focus on love.

The source is good as it provides some of the positive outcomes that people are likely to derive from polyamorous relationships. Therefore, it shows the reasons why it may be deemed to be desirable for individuals to engage in it. The information provides is highly relevant as it is in line with the subject matter that aims to establish either positive or negative concepts associated with polyamorous relationships. The main weakness of the source is that it fails to indicate whether both parties in the relationship stand to benefit.

**Balzarini, R. N., Dharma, C., Kohut, T., Holmes, B. M., Campbell, L., Lehmiller, J. J., & Harman, J. J. (2018). Demographic Comparison of American Individuals in Polyamorous and Monogamous Relationships. *The Journal of Sex Research*, 1-14.**

The article provides information on a comparison that was made between individuals who are in polyamorous relationships with those who are in monogamous relationships. The researchers agree with the idea that the recent past has seen many people have the increased need to study polyamorous relationships. The situation results from the fact that very little information existed as it relates to the case. The researchers, therefore, compared 2428 people in polyamorous relationships to 539 people who are in monogamous relationships. They established that people in polyamorous relationships were more likely to be divorced or earning less as compared to their counterparts in monogamous relationships.

The source is good as it provides a chance for making the necessary comparisons that relate to those who are in monogamous relationships. Therefore, it provides a clear indication of some of the negative aspects that people who are in polyamorous relationships are likely to be exposed to. The source is relevant as it touches on the negative perspective of polyamorous relationships. The defect of the source is that it fails to provide the advantages of people being in polyamorous relationships.

**Mitchell, M. E., Bartholomew, K., & Cobb, R. J. (2014). Need fulfillment in polyamorous relationships. *The Journal of Sex Research*, *51*(3), 329-339.**

The article provides insights into the need for fulfillment among people in polyamorous relationships. Therefore, it aims to agree to the idea that people who are in such form of relationship normally experience the challenge of fulfillment. The researchers conducted online surveys on a total of 1093 individuals. From the findings, the researchers established that people in polyamorous relationships are normally independent of one another. Therefore, it indicates the fact that such people are likely to obtain the level of fun that they may need for themselves. They, therefore, do not need to rely much on the support provided by their partners to obtain the best outcomes in their lives.

The source is good as it provides information on the main advantages that people in polyamorous relationships are likely to have. Therefore, it provides information on the convenience that such relationships are likely to create among partners. The source is also relevant as it touches on the advantages that people in polyamorous relationships are likely to have. The main defect of the source is that it fails to capture the negative elements associated with polyamorous relationships.

**Aviram, H., & Leachman, G. M. (2015). The future of polyamorous marriage: Lessons from the marriage equality struggle. *Harv. Women's LJ*, *38*, 269.**

In the article, the authors recognize the position of marriage in the society. Therefore, the article aims to detail some of the future developments that are likely to be developed as it relates to polyamorous marriages. The researchers assert that there has been an onset of the quest for the law to recognize the marriage between two or more consenting adults in the current times. Through the process, people are likely to pursue some of the interests that they are interested in without being limited by the law or the social constructs to which they belong. They are, therefore, likely to establish some of the practices that apply to them without necessarily having a fear of how they are bound to affect them negatively.

The source is good as it argues both the positive and negative elements that relate to polyamorous marriages. The positive element is that they provide people with the chance to pursue their freedom of choice as they advance the kind of life that they may want for themselves. The disadvantage is that there is a hurdle of legal requirements that people need to fulfill. The source is relevant as it touches on both the positive and negative elements of polyamorous relationships. The situation, therefore, makes it have limited bias.

**Benson, K. L. (2017). Tensions of subjectivity: The instability of queer polyamorous identity and community. *Sexualities*, *20*(1-2), 24-40.**

The article aims to establish some of the elements that are likely to have an impact on the identity of people in polyamorous relationships. Therefore, it details on the negative outcomes that such people are likely to experience, especially given the lives they lead as well as the general perception that the society is bound to have in line with the practices that they normally engage in. Thus, the article documents that women who engage in polyamorous relationships are determined to be queer. They appear to be different from what would be expected among them as detailed in the general practices that the society normally engages in. The article provides a downside of such relationships, detailing that the desires of people in such forms of relationships are normally disappointed.

The article is a good source as it provides information on the negative elements that people in polyamorous relationships are likely to face. Therefore, a reader is likely to highlight some of the downsides of polyamorous relationships as well as the specific actions that people may seek to engage in to ensure that they are able to rise above them. The article is relevant owing to the fact that it touches on the subject matter of the disadvantages of people being in polyamorous relationships. The source is, however, biased as it fails to identify the advantages of polyamorous relationships.

**Table, B., Sandoval, J. A., & Weger, H. (2017). Transitions in polyamorous identity and intercultural communication: An application of identity management theory. *Journal of Bisexuality*, *17*(3), 277-299.**

The article provides information on some of the communication strategies that are normally used by people who are in monogamous relationships as well as those who are normally in polyamorous relationships. It also details on the specific measures that people in both types of relationships normally apply to attain their own identity and establish the specific actions that they may choose to engage in to ensure that they attain the level of recognition that they may be interested in. The article details that the interactions of people who are in polyamorous relationships are normally curtailed by the sociocultural environments to which they belong. Thus, such people lack the chance to identify with the environment that they are part of with the aim to establish the specific measures that may be applied to ensure that they have the best life outcomes.

The source is good as it provides a negative aspect that may be established in polyamorous relationships. Therefore, it provides information on some of the elements that people may seek to establish more with the aim to ensure they are likely to have a deeper understanding of the environment in which they belong. The source is also relevant owing to the fact that it highlights the concept of the negative side associated with polyamorous relationships. Thus, it shows people in such form of relationships the kind of steps that they may need to take to ensure that obtain the necessary recognition in the society. The main bias of the article is that it fails to highlight the main advantages of polyamorous relationships.

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