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SDC Presents: Seek, Discover, Create with Lexi Sylver
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July 25th 2019: Polyamorous Relationships: Self-Care, Conflict and Communication

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What are some of the biggest challenges to starting and maintaining healthy polyamorous relationships? Whether you're already immersed in polyamory or simply seeking guidance on how to start living a polyamorous lifestyle, this episode is for you. Nolan Lawless, a licensed professional counselor and educator in consensually non-monogamous relationships, joins our host Lexi Sylver to share some helpful strategies for poly folks coping with difficult break-ups, potential issues with metamours and other relationship conflicts, feelings of jealousy, and managing self-care. Nolan and Lexi also disc

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Featured Guest



Nolan Lawless

Nolan Lawless is a Licensed Professional Counselor, sex educator, public speaker, and polyamory advocate. He is co-founder of Deconstructing Polyamory, through which he has presented to professional and community audiences across the United States and Canada on alternative sexuality and alternative relationship models. Nolan serves as CEU Coordinator for Loving More, a national nonprofit organization for polyamory, and is a member of the APA Division 44 Task Force on Consensual Non-Monogamy. He is owner of Mount Scott Counseling and Infinite Heart Coaching in Lawton, Oklahoma, which serve clients of diverse gender identities, sexual orientations, and relationship dynamics. Nolan and his wife

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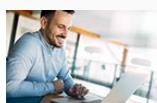


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