



Desire & Neurochemistry / Taboo

- Goerlich, K. S. (2023). *The neural basis of sexual desire and fantasy*. *Neuroscience & Biobehavioral Reviews*, 149, 105175.
- Pfaus, J. G. (2009). Pathways of sexual desire. *The Journal of Sexual Medicine*, 6(6), 1506–1533.
- Shahbaz, C., & Chirinos, C. (2021). The role of moral incongruence in sexual arousal and behavior. *Archives of Sexual Behavior*, 50(7), 3257–3270.

Fantasy & Identity

- Jung, C. G. (1964). *The archetypes and the collective unconscious*. Princeton University Press.
- Lehmiller, J. J. (2018). *Tell me what you want: The science of sexual desire and how it can help you improve your sex life*. Da Capo Lifelong Books.

Consent & Communication / Relationships

- Harris, S. (2018). *Tongue tied: Untangling communication in sex, kink, and relationships*. Cleis Press.
- Wismeijer, A. A. J., & van Assen, M. A. L. M. (2013). Psychological characteristics of BDSM practitioners. *The Journal of Sexual Medicine*, 10(8), 1943–1952.

Attachment & Play

- Hazan, C., & Shaver, P. R. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52(3), 511–524. <https://doi.org/10.1037/0022-3514.52.3.511>

Flow States / Altered States

- Ambler, J. K., Lee, E. M., Klement, K. R., Loewald, T., Comber, E. M., Hanson, S. A., & Sagarin, B. J. (2017). Consensual BDSM: Psychological correlates in a community sample. *The Journal of Positive Sexuality*, 3(1), 1–12.
- Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. Harper & Row.

Community & Belonging

- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, 117(3), 497–529. <https://doi.org/10.1037/0033-2909.117.3.497>
- Sagarin, B. J., Cutler, B., Cutler, N., Lawler-Sagarin, K. A., & Matuszewich, L. (2009). Hormonal changes and couple bonding in consensual sadomasochistic activity. *Archives of Sexual Behavior*, 38(2), 186–200.

Healing & Trauma Integration

- van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Viking.

Psychological / Spiritual Approaches

- Goerlich, S. (2020). *The leather couch: Clinical practice with kinky clients*. Rowman & Littlefield.
- Goerlich, S. (2021). *Kink-affirming practice: Culturally competent clinical strategies*. Routledge.
- Kink Practice Guidelines Project. (2019, December). *Clinical practice guidelines for working with people with kink interests*. Retrieved from <http://www.kinkguidelines.com>
- Thomas, D. (2021). *The deep psychology of BDSM and kink*. Routledge.

ADHD and Autism Spectrum/Neurodivergence

- Janssen, T. W. P., Heslenfeld, D. J., van Mourik, R., Logan, G. D., Oosterlaan, J., & Sergeant, J. A. (2023). Arousal dysregulation and executive dysfunction in ADHD: Integrating bottom-up and top-down perspectives. *Frontiers in Psychiatry*, 14, 1336040. <https://doi.org/10.3389/fpsyg.2023.1336040>
- Kinnaird, E., Stewart, C., & Tchanturia, K. (2022). Autistic narratives of sensory features, sexuality, and relationships. *Frontiers in Psychology*, 13, 841542. <https://doi.org/10.3389/fpsyg.2022.841542>
- Rettenberger, M., Klein, V., Briken, P., Turner, D., & Eher, R. (2025). Paraphilic fantasies and behaviors in adults with ADHD. *International Journal of Impotence Research*, 37(1), 45–57. <https://doi.org/10.1038/s41443-024-00891-w>
- Svedenkrans, J., Malmberg, M., & Jokinen, J. (2022). Sexuality in adults with ADHD: Results of an online survey. *Journal of Sexual Medicine*, 19(6), 931–942. <https://doi.org/10.1016/j.jsxm.2022.03.005>