

aosexual

aosexual is a term that describes a sexual orientation characterized by a lack of sexual attraction to others. It is often used interchangeably with asexual, though "aosexual" can be found in some discussions and writings as an alternative spelling or in specific contexts. Understanding aosexual identities involves exploring the nuances of human sexuality beyond traditional frameworks that prioritize sexual attraction. This article delves into the meaning of aosexual, its distinctions, the experiences of individuals who identify with this orientation, and the broader implications for relationships and society. Readers will gain insight into common misconceptions, terminology, and support resources related to aosexuality. The exploration also covers how aosexual people navigate intimacy and social dynamics. The following sections provide a comprehensive overview of the aosexual identity and its relevance in contemporary discussions of sexual diversity.

- What Does Aosexual Mean?
- Common Misconceptions About Aosexuality
- Experiences and Perspectives of Aosexual Individuals
- Relationships and Intimacy in the Context of Aosexuality
- Terminology and Spectrum Within Aosexuality
- Support and Resources for Aosexual People

What Does Aosexual Mean?

The term aosexual refers to a sexual orientation where an individual experiences little to no sexual attraction toward others. Unlike sexual orientations that involve attraction to specific genders, asexuality centers on the absence of sexual desire. It is important to note that aosexual is often synonymous with asexual, though the spelling variation appears in some literature and communities. The condition is not considered a disorder or dysfunction but rather a valid and natural aspect of human sexuality.

Aosexual individuals may still experience romantic attraction, emotional connections, and desire for companionship, but these feelings do not translate into sexual interest. This distinction highlights the difference between sexual attraction and other forms of attraction, such as romantic or aesthetic attraction. Asexuality challenges traditional assumptions about the universality of sexual desire and expands the understanding of human relationships.

Common Misconceptions About Aosexuality

Many myths and misunderstandings surround the concept of asexuality, often leading to stigma and marginalization. Clarifying these misconceptions is essential for fostering acceptance and respect.

Asexuality Is Not a Choice

A common misconception is that asexual individuals choose to abstain from sexual activity or that their orientation is a phase. In reality, asexuality is an intrinsic aspect of identity, not a voluntary decision or temporary condition.

Asexuality Is Not the Same as Celibacy

While celibacy refers to the choice to refrain from sexual activity, asexuality describes a lack of sexual attraction regardless of behavior. Asexual people may or may not engage in sexual activities for various reasons unrelated to attraction.

Asexuality Does Not Imply Inability to Have Relationships

Another misconception is that asexual individuals cannot form meaningful romantic or emotional relationships. Many asexual people have fulfilling partnerships based on trust, companionship, and shared values that do not prioritize sexual intimacy.

Asexuality Is Diverse

Asexuality encompasses a spectrum of experiences, meaning not all individuals identify or express their orientation in the same way. Recognizing this diversity is key to understanding the asexual community.

Experiences and Perspectives of Asexual Individuals

The lived experiences of asexual people vary widely but share common themes related to identity, social interaction, and self-understanding. Many describe a journey of self-discovery that involves questioning societal norms about sexuality and relationships.

- **Identity Formation:** Realizing asexuality often occurs after recognizing a persistent lack of sexual attraction, sometimes during adolescence or later in life.
- **Social Challenges:** Asexual individuals may face pressure to conform to sexual norms or misunderstandings from peers, family, and partners.
- **Community and Belonging:** Connecting with others who share similar experiences can provide validation and support.

- **Emotional Fulfillment:** Many asexual people emphasize emotional intimacy and other forms of connection over sexual activity.

Understanding these perspectives helps to create a more inclusive environment that respects asexual identities and promotes mental well-being.

Relationships and Intimacy in the Context of Aosexuality

Relationships involving asexual individuals often prioritize communication, mutual respect, and an understanding of boundaries related to sexual activity. Intimacy can take many forms beyond the sexual, including emotional closeness, physical affection, and shared experiences.

Romantic Relationships

Asexual people may identify as aromantic (lacking romantic attraction) or experience romantic attraction independently from sexual attraction. Romantic partnerships can be deeply satisfying without sexual involvement, relying on trust, companionship, and shared goals.

Platonic and Queerplatonic Relationships

Platonic relationships hold significant value for many asexual individuals, sometimes evolving into queerplatonic partnerships that defy traditional categories of friendship and romance.

Communication and Boundaries

Clear and honest communication is crucial in ensuring that relationship expectations align, particularly concerning sexual activity and intimacy. Partners of asexual individuals often learn to appreciate alternative expressions of love and connection.

Terminology and Spectrum Within Aosexuality

The asexual community uses a variety of terms to describe different experiences and identities within the broader spectrum of sexual attraction absence. Understanding this terminology helps clarify the nuances of asexuality.

- **Graysexual:** Individuals who experience sexual attraction rarely or under specific circumstances.
- **Demisexual:** People who experience sexual attraction only after forming a strong emotional bond.

- **Aromantic:** Those who do not experience romantic attraction, which may overlap with asexual identities but is distinct.
- **Queerplatonic:** Relationships that are emotionally intimate and significant but not romantic or sexual.

These terms reflect the complexity and individuality of experiences within the asexual community, emphasizing that sexuality is not binary but a multifaceted spectrum.

Support and Resources for Asexual People

Support networks and resources play a vital role in fostering acceptance and providing information for asexual individuals. Awareness and education can reduce stigma and promote mental health.

Community Groups

Online forums, social media groups, and local meetups offer spaces for asexual individuals to share experiences, seek advice, and build friendships.

Educational Resources

Books, articles, and workshops provide knowledge about asexuality, helping both asexual people and the wider public to understand this orientation.

Counseling and Mental Health Support

Professional counseling that respects and affirms asexual identities can assist individuals in navigating challenges related to relationships, self-esteem, and social pressures.

- Peer support groups
- Inclusive therapists and counselors
- Educational websites and blogs
- Awareness campaigns and advocacy organizations

These resources contribute to a more inclusive society where asexual individuals can live authentically and with dignity.

Frequently Asked Questions

What does asexual mean?

Asexual refers to a person who experiences little or no sexual attraction to others.

Is asexuality the same as celibacy?

No, asexuality is a sexual orientation involving lack of sexual attraction, while celibacy is a choice to abstain from sexual activity.

Can asexual people have romantic relationships?

Yes, many asexual individuals experience romantic attraction and have romantic relationships without sexual involvement.

What are common misconceptions about asexuality?

Common misconceptions include thinking asexual people are just shy, haven't met the right person, or have a medical problem.

How is asexuality different from aromanticism?

Asexuality relates to lack of sexual attraction, while aromanticism involves lack of romantic attraction; a person can be asexual but not aromantic, and vice versa.

Do asexual people experience sexual desire?

Some asexual people may experience sexual desire or engage in sexual activity, but they do not feel sexual attraction to others.

Is asexuality recognized in the LGBTQ+ community?

Yes, asexuality is recognized as a valid sexual orientation within the LGBTQ+ community.

How can someone know if they are asexual?

Self-reflection on feelings of sexual attraction or lack thereof over time can help someone understand if they identify as asexual.

Are there different types of asexuality?

Yes, there are various identities under the asexual umbrella, such as gray-asexual (experiencing occasional sexual attraction) and demisexual (sexual attraction only after a strong emotional bond).

Additional Resources

1. *The Invisible Orientation: An Introduction to Asexuality*

This book by Julie Sondra Decker offers a comprehensive look at asexuality, exploring what

it means to be asexual and debunking common myths. It includes personal stories and scientific research, making it an accessible and informative resource for both asexual individuals and allies. The book emphasizes understanding and acceptance of asexual identities.

2. Asexuality: A Brief Introduction

Written by Anthony F. Bogaert, this book provides a concise overview of asexuality from a psychological and sociological perspective. It covers the history, prevalence, and various experiences within the asexual community. The text also addresses common questions and challenges faced by asexual people.

3. The Asexual Revolution

This book explores the cultural and social implications of asexuality, highlighting how asexual individuals challenge traditional notions of sexuality. It discusses the growing visibility of asexuality in media and society, offering insights into the movement for greater recognition and rights.

4. Understanding Asexuality: Navigating Identity and Relationships

A practical guide for asexual individuals and their partners, this book delves into the complexities of forming and maintaining relationships without sexual attraction. It includes advice on communication, self-acceptance, and building supportive communities. The book aims to foster empathy and understanding in intimate relationships.

5. Asexuality and the Spectrum of Sexual Orientation

This academic text examines asexuality within the broader context of sexual orientation, emphasizing its diversity and fluidity. It discusses the intersectionality of asexuality with other identities and the challenges of defining sexual orientation. The book is useful for scholars, students, and anyone interested in sexuality studies.

6. Queer and Asexual: Stories of Identity and Belonging

A collection of essays and personal narratives from asexual individuals who identify with the broader queer community. The stories highlight the varied experiences of asexual people, addressing themes of identity, community, and acceptance. This book provides visibility and voice to often underrepresented perspectives.

7. The Spectrum of Desire: Exploring Asexuality and Aromanticism

This book explores both asexuality and aromanticism, offering insight into how these orientations intersect and differ. It discusses emotional and romantic experiences beyond sexual attraction, shedding light on lesser-known aspects of human connection. The author incorporates research and firsthand accounts to broaden understanding.

8. Beyond the Binary: Asexuality and Gender Diversity

Focusing on the relationship between asexuality and gender, this book investigates how these identities overlap and inform one another. It addresses issues faced by asexual people who also identify outside traditional gender norms. The text promotes inclusivity and challenges rigid categorizations of identity.

9. Living Asexual: Personal Journeys and Community Connections

A compilation of memoirs and reflections from asexual individuals discussing their life experiences, challenges, and triumphs. The book emphasizes the importance of community and self-discovery in living authentically. It serves as both inspiration and validation for

readers exploring their asexual identity.

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Understanding Asexuality: A Comprehensive Guide

This ebook provides a comprehensive overview of asexuality, exploring its various aspects, encompassing scientific research, personal experiences, and the societal implications of this sexual orientation. It aims to foster understanding and acceptance within the broader community.

Ebook Title: Navigating the Spectrum of Asexuality: A Guide to Understanding and Acceptance

Contents:

Introduction: Defining Asexuality and Dispelling Common Misconceptions

Chapter 1: The Spectrum of Asexuality: Exploring Aromanticism, Demisexuality, and Other Identities on the Asexual Spectrum

Chapter 2: Asexuality and Relationships: Navigating Intimacy, Communication, and Consent within Asexual Relationships

Chapter 3: The Science of Asexuality: Examining Current Research on the Biological and Neurological Aspects of Asexuality

Chapter 4: Asexual Identities and Communities: Exploring the diversity within the asexual community and resources for support and connection.

Chapter 5: Addressing Societal Challenges and Misconceptions: Combating stigma, promoting inclusivity, and advocating for better representation.

Conclusion: Embracing Asexuality and Promoting Understanding

Detailed Outline and Content Explanations:

Introduction: Defining Asexuality and Dispelling Common Misconceptions: This section will clearly define asexuality, differentiating it from other sexual orientations and addressing common misconceptions such as asexuality being a choice or a medical condition. It sets the stage for the rest of the ebook by providing a foundational understanding.

Chapter 1: The Spectrum of Asexuality: Exploring Aromanticism, Demisexuality, and Other Identities on the Asexual Spectrum: This chapter dives into the diversity within the asexual community. It will explain terms like aromantic, demisexual, gray-asexual, and others, highlighting the wide range of experiences and identities under the asexual umbrella. It emphasizes that asexuality isn't a monolith.

Chapter 2: Asexuality and Relationships: Navigating Intimacy, Communication, and Consent within Asexual Relationships: This chapter addresses the complexities of relationships within the asexual community. It will discuss different types of asexual relationships, the importance of open communication, and how to navigate intimacy and consent in ways that are fulfilling for all involved. This chapter challenges common assumptions about intimacy and relationships.

Chapter 3: The Science of Asexuality: Examining Current Research on the Biological and Neurological Aspects of Asexuality: This section will explore the current scientific understanding of asexuality. It will examine existing research on potential biological or neurological factors contributing to asexuality, acknowledging the limitations of current studies and the need for further research. This section uses evidence-based information to build credibility.

Chapter 4: Asexual Identities and Communities: Exploring the diversity within the asexual community and resources for support and connection: This chapter focuses on the diverse experiences within the asexual community. It will highlight the importance of community support, discuss online and offline resources for asexual individuals, and explore the ongoing evolution of asexual identity and representation.

Chapter 5: Addressing Societal Challenges and Misconceptions: Combating stigma, promoting inclusivity, and advocating for better representation: This chapter tackles the societal challenges faced by asexual individuals, including stigma, discrimination, and lack of representation in media and popular culture. It offers strategies for combating these challenges and advocating for greater inclusivity and understanding.

Conclusion: Embracing Asexuality and Promoting Understanding: This section summarizes the key takeaways from the ebook and emphasizes the importance of acceptance, respect, and understanding of asexuality within society. It encourages readers to continue learning and actively participate in promoting inclusivity.

Keywords: asexuality, asexual, aromantic, demisexual, gray-asexual, asexuality spectrum, asexual relationships, asexual community, asexuality research, LGBTQIA+, sexual orientation, intimacy, consent, representation, inclusivity, understanding asexuality, asexual identity, asexual pride.

FAQs:

1. Is asexuality a mental illness? No, asexuality is not a mental illness. It is a sexual orientation.
2. Can asexual people have relationships? Yes, asexual people can have fulfilling relationships of

various kinds, including romantic, platonic, and queer-platonic relationships.

3. Do asexual people experience sexual attraction? Asexual people do not experience sexual attraction. However, this can vary widely, depending on the specific identity on the asexual spectrum.
4. What is the difference between asexuality and celibacy? Asexuality is a sexual orientation; celibacy is a choice to abstain from sexual activity.
5. What is aromanticism? Aromanticism is a lack of romantic attraction. It is often, but not always, experienced alongside asexuality.
6. What is demisexuality? Demisexuality is a sexual orientation where someone only experiences sexual attraction after forming a strong emotional connection with someone.
7. How common is asexuality? The prevalence of asexuality is still being researched, but estimates suggest it's a significant portion of the population.
8. Where can I find support and resources for asexual individuals? Many online communities and organizations exist to support asexual individuals. A simple web search will yield helpful resources.
9. How can I be a better ally to asexual people? Educate yourself about asexuality, listen to asexual voices, and challenge misconceptions about asexuality.

Related Articles:

1. Aromanticism: Understanding the Spectrum of Romantic Orientations: This article explores aromanticism in detail, differentiating it from other orientations and addressing common misconceptions.
2. Demisexuality Explained: A Deeper Dive into this Asexual Identity: This piece offers a detailed explanation of demisexuality, exploring variations and the experiences of those who identify as demisexual.
3. Gray-Asexuality: Navigating the Nuances of Low Sexual Attraction: This article focuses on gray-asexuality, a term for those who experience sexual attraction infrequently or under specific circumstances.
4. The Science of Sexual Orientation: Current Research and Future Directions: A review of the current scientific understanding of sexual orientation, including asexuality, and future directions in research.
5. Asexual Relationships: Building Intimacy and Connection without Sexual Attraction: This article explores different models of asexual relationships and offers advice for building strong and fulfilling connections.
6. Coming Out as Asexual: Sharing Your Identity with Loved Ones: This article offers guidance and

support for individuals who are coming out as asexual to friends and family.

7. **Asexual Representation in Media: A Critical Analysis:** This piece analyzes the representation of asexuality (or lack thereof) in media and discusses the importance of accurate and positive portrayals.

8. **Combating Asexuality Stigma: Advocating for Inclusivity and Understanding:** This article addresses the ongoing challenges and stigma faced by asexual individuals and promotes advocacy strategies.

9. **Asexual Communities Online and Offline: Finding Support and Connection:** This article explores the various online and offline communities supporting asexual individuals and encourages participation in these spaces.

aosexual: *The Southern California Practitioner* , 1898

aosexual: **Complete Concordance to the Analytical-Literal Translation: Second Edition**

Gary F. Zeolla, 2007-09-18 This Complete Concordance is a companion to the Analytical-Literal Translation of the New Testament: Third Edition (ALT3). This concordance indexes every occurrence of most words in ALT3. Only minor words are omitted. Sufficient context is provided for the reader to recognize the verse or to get the gist of it. This concordance will enable the reader to quickly find a verse in ALT3. It will also be invaluable in doing topical studies in ALT3. Looking up every reference to a word like grace will enable the reader to do a study on this important Biblical topic. ALT3 is the ideal version to use for such in-depth Bible study, and having this concordance to use as reference tool will improve these studies.

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media and continued state censorship. The book documents the social events and gendered norms in higher education, NGOs, business and religious circles that preceded and followed high-profile cases of alleged sexual abuses in mainland China, engaging with sociological scholarship relating to demoralization and power, media studies and gender studies. Through these entwined theories the author seeks to give both scholars and the general audience in gender studies a window into the ongoing tension in the power spheres of state, market and gendered hierarchy in contemporary Chinese society. This book will be of interest to students of gender studies, China studies, media studies, and cultural Studies

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aosexual: Adolescent Psychiatry, V. 20 Richard C. Marohn, 2013-05-13 Launched in 1971, Adolescent Psychiatry, in the words of founding coeditors Sherman C. Feinstein, Peter L. Giovacchini, and Arthur A. Miller, promised to explore adolescence as a process...to enter challenging and exciting areas that may have profound effects on our basic concepts. Further, they promised a series that will provide a forum for the expression of ideas and problems that plague and excite so many of us working in this enigmatic but fascinating field. For over two decades, Adolescent Psychiatry has fulfilled this promise. The repository of a wealth of original studies by preeminent clinicians, developmental researchers, and social scientists specializing in this stage of life, the series has become an essential resource for all mental health professionals working with youth. Volume 20 of the series serves as a tribute to editor emeritus Sherman C. Feinstein. In addition to an appreciation of, and contributions by, Dr. Feinstein, it contains heretofore unpublished papers by two other major figures in adolescent psychiatry, founding father William Schonfeld and a Viennese colleague transplanted to America, Siegfried Bernfeld. With sections on general considerations of adolescence, specific syndromes, and treatment modalities, volume 20 presents the work of many of today's preeminent minds in adolescent psychiatry.

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livro acompanha o trajeto do conceito de interpretação em Freud e Lacan.

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aosexual: Climatological Data , 1981

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libidinalmente a filha – que assim estaria preparada para uma vida de desejo –, captura sua existência e, de modo inconsciente, lhe impõe o compromisso de manter-se ali, sempre ali, ali para sempre. Na ausência de um terceiro que, na constituição desta difícil condição, tenha operado o corte necessário para a separação da dupla mãe e filha, a psicanálise vem outorgar esta possibilidade.

aosexual: Primeiro, o corpo Christophe Dejours, 2019-05-09 Vivemos simultaneamente em dois corpos: o corpo biológico, que é o corpo dos órgãos e das funções, o corpo que figura nas pranchas de anatomia, aquele que examinamos no microscópio ou que tratamos com antibióticos; e o corpo erótico, que é o corpo vivido, aquele que habitamos, através do qual experimentamos a vida, o sofrimento, o prazer, a excitação sexual, o desejo. Um é inato, o corpo biológico. A partir dele constrói-se gradativamente o outro corpo, o corpo erótico, que, portanto, é da ordem do adquirido. Este livro explica o processo pelo qual o corpo erótico se descola pouco a pouco do corpo biológico. Da qualidade e da progressão desse processo depende o advento do corpo erógeno, que é uma das formas em que a infância é memorizada no adulto. O que acontece quando esse processo encontra obstáculos que o dificultam? Uma vulnerabilidade do corpo pode se manifestar pela formação de sintomas psicopatológicos, mas também por arranjos defensivos que reduzem a sensibilidade ao sofrimento (tanto ao próprio sofrimento quanto ao sofrimento alheio), como no caso dos psicopatas, por exemplo. Podemos então, com base nisso, formar uma concepção psicanalítica do senso moral?

aosexual: Grain Dust Abstracts , 1981

aosexual: Fórum de psicanálise , 1995

aosexual: Foucault e a teoria queer Tamsin Spargo, 2017-07-20 O uso do termo queer vem se tornando mais comum nas últimas décadas – a origem do movimento remonta a fins dos anos 1980 nos Estados Unidos, como uma resposta ao padrão binário de gênero, às normas e à opressão social a tudo que diverge, que é excêntrico, esquisito, diferente. Mas onde se assentam as bases filosóficas e culturais que deram origem ao que hoje chamamos de teoria queer? No ensaio que dá título ao livro Tamsin Spargo analisa as principais ideias apresentadas por Foucault em História da sexualidade para definir a teoria queer – para Foucault, gênero e sexualidade são categorias construídas pelo discurso, pela história, pela cultura e pela sociedade. No segundo texto, ela questiona o desenvolvimento da teoria até o momento e sugere novos rumos, relacionando-a com os estudos pós-estruturalistas e pós-seculares, numa conexão inovadora. Fecha o livro o posfácio do sociólogo Richard Miskolci, que contextualiza amplamente o História da sexualidade, de Foucault, e apresenta novos caminhos para a discussão da teoria queer e dos sujeitos desejantes.

aosexual: O grão de areia no centro da pérola Paulo Ritter, Flávio Ferraz, 2022-08-15 Este excelente livro traz o frescor de uma psicanálise que ousa se repensar. Foi escrito por psicanalistas que se indagam sobre os avanços em seu tempo e mostram como as primeiras teorizações freudianas sobre as neuroses atuais podem ser renovadas para auxiliar na compreensão do mal-estar contemporâneo. Os temas abordados aqui tratam daquilo que resiste à simbolização. Sua leitura, portanto, nos lança no campo das marcas que reaparecem como corpos estranhos e dos excessos que transbordam, seja pela impossibilidade da tramitação psíquica ou pela ausência da via representacional. É o campo da invasão pulsional do eu e da descarga em ato, decorrentes do fracasso do recalque primário e da irrupção da energia não ligada. É o campo, em suma, dos limites do psiquismo. Os autores escrevem sobre o sofrimento dos sujeitos na atualidade e as formas de adoecimento que lhe são correlatas. Já não se trata apenas das neuroses históricas – como as denominou Freud –, mas das patologias de borda, cuja frequência aumentou vertiginosamente nas últimas décadas. Encontramos aqui valioso auxílio teórico aos que se dedicam a enfrentar clinicamente, no trabalho diário, o padecimento dos sujeitos contemporâneos. Ana Maria Sigal

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aosexual: Cultural Differences and the Practice of Sexual Medicine David L. Rowland,

Emmanuele A. Jannini, 2020-01-27 The aim of this book is twofold: to promote an awareness of cultural differences in connection with sexual medicine among health care providers, and to demonstrate how such differences are relevant to the care and treatment of patients with sexual issues. Individual sexuality represents the cumulative effects of biological, psychological, and cultural influences. Yet much of the study of sexuality—including issues ranging from sexual identity to sexual response—has been conducted through a Western lens. Although a substantial body of work in anthropology has taken up the study of human sexuality from a cross-cultural perspective, two points are notable. First, this work seldom crosses the desks of medical and psychological health practitioners, and second, the relevance of specific cultural differences is rarely apparent to the typical sexual health practitioner. To address this situation, this book adopts a global perspective, focusing on how cultural practices and values can impact health care, treatment, and outcomes. In this regard, it covers three broad domains: Sexual Identity and Orientation; Sexual Response and Dysfunction; and Sexual Diversity. Each chapter consists of two parts: a general description of the relevant issues, and a discussion of how these issues can be relevant to clinical practice. The book offers a valuable, practical tool for specialists in sexual medicine and sexual psychology, for sexual healthcare givers, and for sexological researchers who want to better serve their patients by developing an awareness of and sensitivity to cultural differences, and by providing a framework for dealing with issues of sexuality and sexual health that takes cultural values into consideration, while adhering to best practices in patient care.

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aosexual: Confronting Malpractice Kenneth M. Austin, Mary E. Moline, George T. Williams, 1990-10 This compendium gives comprehensive information on current laws and policies affecting mental health professionals in the US. Areas of malpractice are examined and associated legal cases reviewed. The authors discuss the implications of the cases and the recommendations that have been proposed as a result of them; they conclude with their own recommendations on how to avoid malpractice charges.

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aosexual: Asia Major , 1991

aosexual: **Janela da escuta** Cristiane de Freitas Cunha Grillo, Bianca Ferreira Rocha, Mateus Mourão, 2022-09-08 Lê-se aqui uma proposta a esse corpo multiforme que é uma cidade, desde o coração da mesma, permitindo uma reconexão com o desejo a partir de uma abordagem interdisciplinar, na qual se coloca o adolescente no centro do dispositivo, com a ideia de que não há nenhum saber especializado para elucidar o que lhe acontece.(...) Uma proposta na medida do sujeito, aquilo que nossa cultura de especialistas, de saberes técnicos e de mercados rechaça: uma verdadeira proposta em ato, de tratamento para o mal-estar do nosso tempo

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