



# III Jornada CAMFiC amb motiu del Dia Mundial contra el Dolor. Sexe, dolor i rumba

BDSM. Quan el dolor es transforma en plaer.

Montse Cañas - Laura Clotet

Barcelona, 17 d'octubre de 2024

- Què és?
- Què en sabem?



# THE PERIODIC TABLE OF KINK

**Bd**  
Bondage  
14,800

**Bb**  
Ball Busting  
2,400

**Nt**  
Nipple Torture  
2,400

**Cbt**  
Cock & Ball Torture  
2,400

**Bs**  
Ball Stretching  
880

**ClT**  
Clit Torture  
880

**Cw**  
Cock Whipping  
390

**Cot**  
Cock Trampling  
210

**Bc**  
Ball Crushing  
140

**Sm**  
Sadism/Masochism  
7,600

**Td**  
Tease & Denial  
7,600

**Ck**  
Cuckolding  
5,400

**Ff**  
Forced Feminization  
4,400

**Od**  
Orgasm Denial  
2,000

**Sv**  
Slave Training  
1,000

**Fo**  
Forced Orgasms  
720

**Md**  
Male Dominance  
260

**Ph**  
Small Penis Humiliation  
3,600

**Ch**  
Chastity  
5,400

**G**  
Gags  
1,900

**Ki**  
Kinbaku  
1,000

**Sd**  
Sensory Deprivation  
140

**Co**  
Collaring  
110

**A**  
Anal  
49,500

**Sk**  
Silk  
33,100

**Lx**  
Latex  
18,100

**Bu**  
Bukkake  
40,500

**Fi**  
Fisting  
12,100

**Dp**  
Double Penetration  
12,100

**Fe**  
Felching  
12,100

**St**  
Strip Tease  
22,200

**T**  
Sex Toys  
110,000

**Kn**  
Lingerie  
110,000

**Wa**  
Masturbation  
33,100

**Sq**  
Squirting  
33,100

**Bj**  
Oral Sex  
27,100

**St**  
Strip Tease  
22,200

**Ep**  
Edge Play  
210

**Wp**  
Wax Play  
210

**L**  
Leather  
9,900

**Mt**  
Metal  
9,900

**Dp**  
Double Penetration  
12,100

**Fe**  
Felching  
12,100

**St**  
Strip Tease  
22,200

**Za**  
Electro Sex  
490

**Ep**  
Edge Play  
210

**Wp**  
Wax Play  
210

**L**  
Leather  
9,900

**Mt**  
Metal  
9,900

**Dp**  
Double Penetration  
12,100

**Fe**  
Felching  
12,100

**St**  
Strip Tease  
22,200

**Nu**  
Nuru Massage  
22,200

**Cu**  
Cupping  
6,600

**Pvc**  
PVC & Rubber  
18,100

**Wo**  
Wool  
12,100

**Fi**  
Fisting  
12,100

**Tb**  
Teabagging  
12,100

**Bj**  
Oral Sex  
27,100

**Key**

GOOGLE SEARCH! → 2,900

SYMBOL → Ü

NAME → Jeff (Uberkinky Mascot)

COLOUR

- TORTURE
- DOMINATION
- RESTRAINT
- MEDICAL
- IMPACT
- MISC
- ROLE PLAY
- SENSATION
- BUTT STUFF
- MATERIALS
- SEX ACTS
- VANILLA

## THE COMMON PARAPHILIAS

**BODY PARAPHILIAS**

<b>Ge</b> Gerontophilia (The Elderly) 1,300	<b>X</b> Xenophilia (The Foreign) 480	<b>Ag</b> Autogynophilia (Gender Swap) 480	<b>Mai</b> Materiophilia (Pregnancy) 210	<b>Tr</b> Trichophilia (Hair) 210
<b>Be</b> Beardophilia (Beards) 210	<b>Al</b> Allopathia (Pain) 140	<b>F</b> Podophilia (Feet) 140	<b>Sm</b> Stigmatophilia (Markings) 140	<b>Py</b> Pygophilia (Buttocks) 110

**OBJECT PARAPHILIAS**

<b>Pl</b> Plushophilia (Stuffed Toys) 880	<b>Mac</b> Macrophilia (Giants) 580	<b>De</b> Dendrophilia (Trees) 480	<b>Cl</b> Claustrophilia (Small Spaces) 390	<b>Ne</b> Neophilia (New Things) 390
<b>Mec</b> Mechanophilia (Machines) 210	<b>Sta</b> Statuophilia (Statues/Dolls) 170	<b>Mic</b> Microphilia (Tiny Beings) 140	<b>Sl</b> Salirophilia (Soiling Beauty) 140	<b>To</b> Trophophilia (Cartoons) 140

**BODILY FUNCTION PARAPHILIAS**

<b>Poo</b> Coprophilia (Faeces) 1,400	<b>Em</b> Emetophilia (Vomit) 390	<b>Fa</b> Fistulophilia (Flatulence) 390	<b>Da</b> Dacryphilia (Tears) 320	<b>Ur</b> Urophilia (Urine) 260
<b>Nom</b> Nosophilia (Food Play) 260	<b>Mu</b> Mucrophilia (Mucus) 260	<b>Kl</b> Klistrophilia (Enemas) 210	<b>My</b> Myrophilia (Bodily Filth) 110	<b>Me</b> Menophilia (Menstruation) 110

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\* The Prime Elements are the kinks from which all others are formed. They belong to no group, as they can be found across all groups. † The average Google searches for this term per month. Periodically enjoy a bit of kink? Well, this parverted periodic table was brought to you by the mischievous minds at Uberkinky. We're anything but soft, so please feel free to share it around. However, be sure to give credit where credit is due. Please note: no naughty slaves were harmed during the making of this table, at least not permanently anyway. All rights reserved © Uberkinky.

**B****■ BONDAGE**

# B



- BONDAGE
  - SHIBARI



# D

- Disciplina
- Dominació



# S

- Submissió
- Sadisme



# M

- Masoquisme





# BDSM

- Bondage/Disciplina
- Dominació/Submissió
- Sadisme/Masoquisme

SI CREUS QUE ÉS BDSM AIXECA LA MÀ!









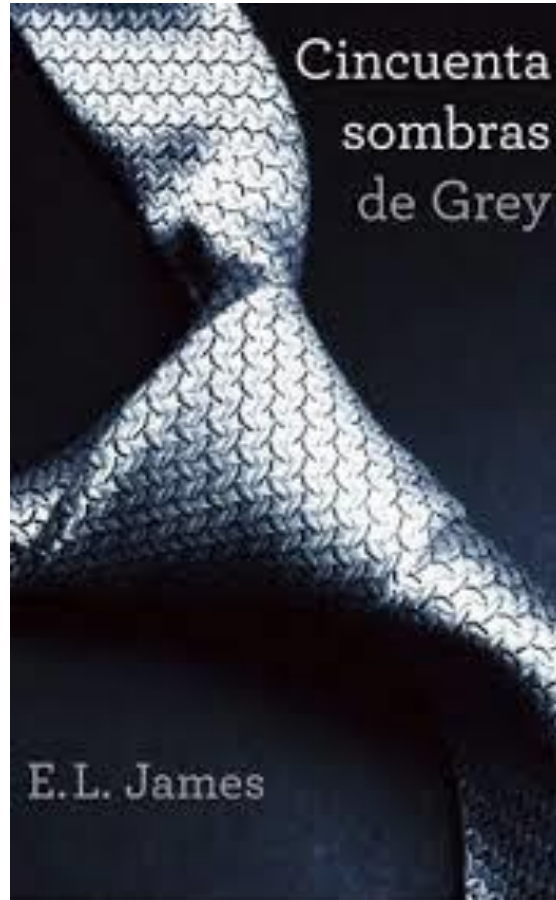














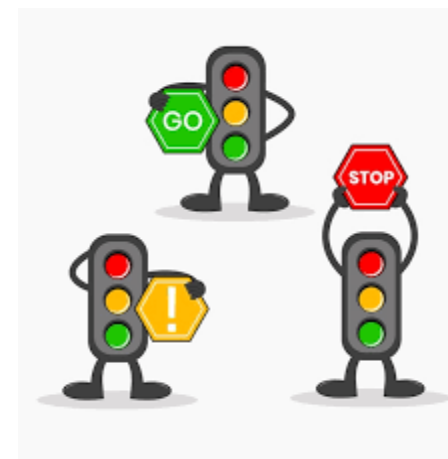
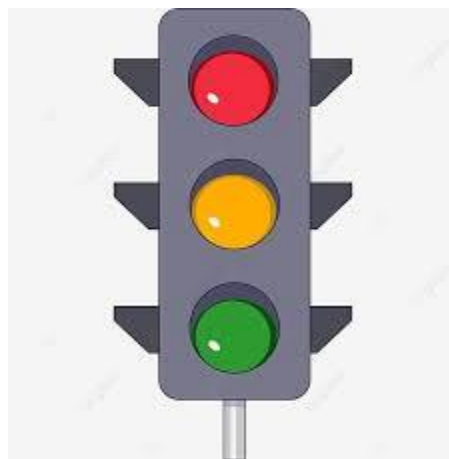
- Sensat
- Segur
- Consensuat



- Paraula de seguretat



- Semàfor



- Precare
- Aftercare



## ■ Dominant

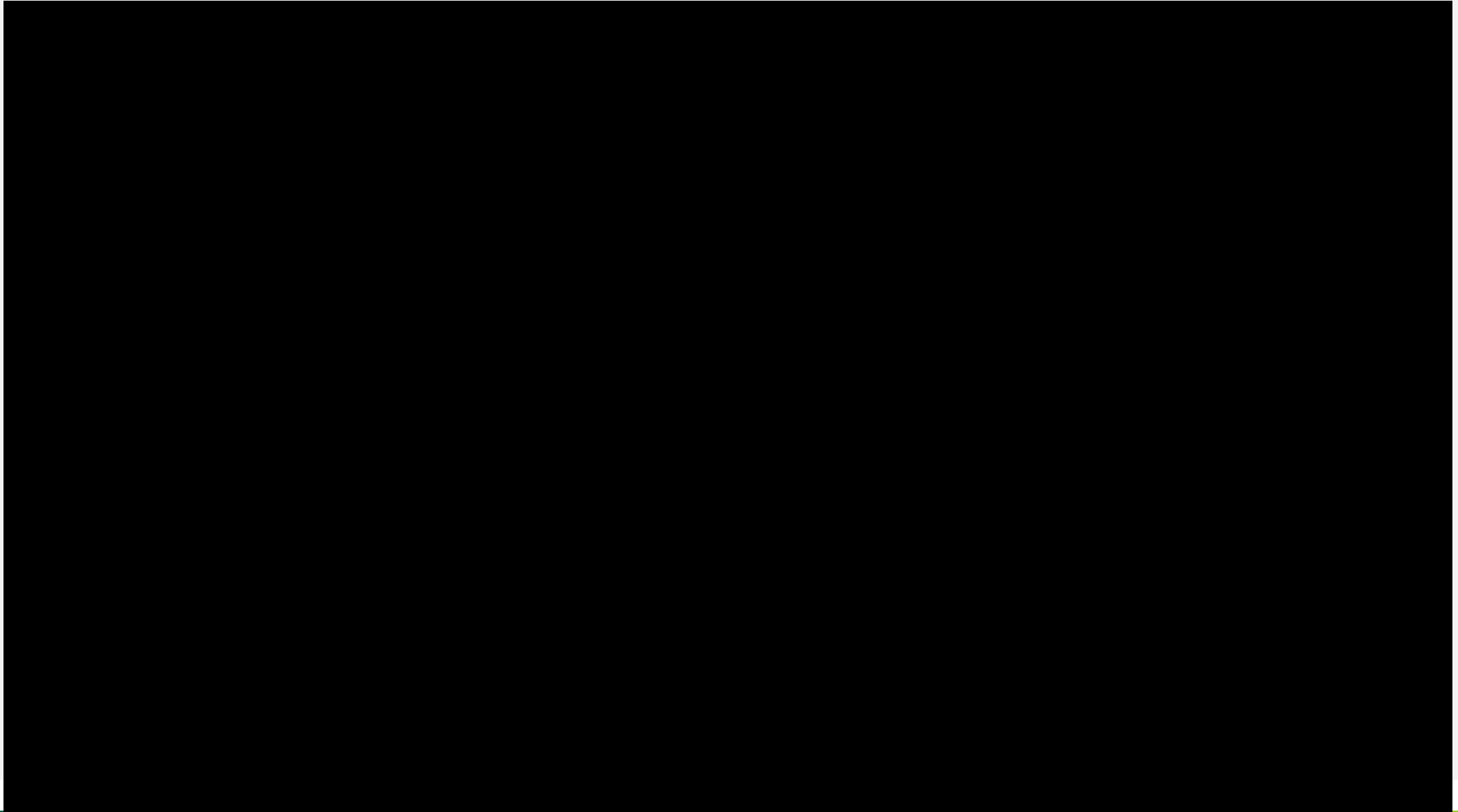
- FemDom
- Amo/Ama
- Brat Tamer
- Daddy/Mommy Dom



## ■ Submisa

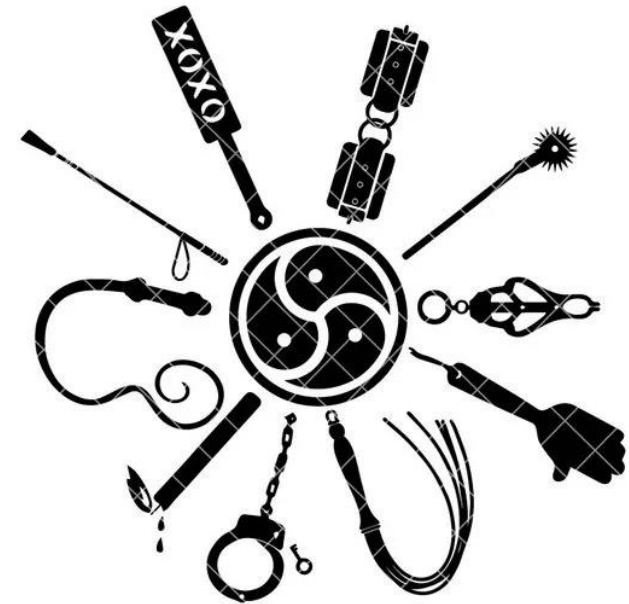
- Brat
- Esclau/esclava
- Little girl/boy
- Pet







# Aplicació en persones amb dolor crònic



# Gràcies!

CONTACTE:



@sexualitat\_camfic /



@sexcamfic /



sexualitat@camfic.org



@clotetsexologia

@montsexologia



**CAMFiC**  
societat catalana de medicina  
familiar i comunitària

