

Caroline Shahbaz

My name is Caroline Shahbaz, and I am known in the Master slave communities as “slave Caroline” My journey is driven by a profound passion for serving with clarity, strength, and authenticity. With a foundation in clinical psychology, I proudly identify as a Jungian, depth, and liberation psychologist. My diverse roles extend beyond academia and clinical practice to include business, management consulting, authorship, education, and spiritual exploration.

I believe that each of us is a teacher on this path, and I am deeply grateful for the courageous and inspiring individuals I've met through various MS communities. These connections have profoundly enriched my life, and I am honoured to count many of them as part of my chosen family.

Born in Ethiopia, a third generation Armenian genocide survivor, I bring a unique cross-cultural and international perspective in life and on MS dynamics. My journey has taken me from Australia, where I helped establish the Looking Glass forums and the groundbreaking Con '98 and '99 workshops, to the USA, where I have contributed to the development of the Master/slave community since my first conference in Washington, D.C., in 2004.

Over the years, I have delivered over 200 workshops at kink events across the USA and Australia, focusing on Master/slave dynamics, event production, and community development. As the founding MAsT regional director for Oceania and Europe under MAsT International, I implemented the first five-year plan to establish MAsT communities in Australia and the UK. I was part of the first four day online international Master slave conference in 2018.

With the internet and media bringing BDSM and MS relationships into the mainstream, my mission has become more urgent: to end the stigmatization and pathologizing of BDSM practitioners by professionals. In 2016, I coauthored "Becoming a Kink-Aware Therapist," the first book of its kind aimed at mental health professionals, published by Routledge.

In 2018, we launched www.kinkknowledgeable.com the first international online academy offering extensive courses for professionals seeking to deepen their understanding of kink. In 2019 I was a founder member in the development of best practice clinical guidelines for the American Psychological Association <https://www.kinkguidelines.com/the-guidelines> and continue to educate psychotherapists worldwide.

My commitment to clarity, strength, and authenticity drives my work, and I am dedicated to serving, inspiring and empowering others through education and advocacy.

Thank you for joining me today as we explore these important topics together.