

Healing from Infidelity: A Manual for Helping Clients Rebuild Trust and Foster Forgiveness After an Affair

Hey...therapists...

Are you uncomfortable working with couples whose lives have been shattered by infidelity?

I'm sure you are because they *are* some of the most difficult clients to work with. They bring a lot of conflict, anger, sadness, fear, pain and trauma to the therapy room.

But it doesn't have to be that way for you...

Healing from the Trauma of Infidelity: A Manual for Helping Clients Rebuild Trust and Foster Forgiveness After an Affair...is here for you! This manual will help you expand your therapeutic tool box with a research based treatment plan, clinically relevant and unique in-session activities and evidence based, creative and fun homework assignments for your clients who are healing from the trauma of infidelity.

Here is a sneak peek at The Table of Contents:

- Chapter 1: Introduction
 - Myths
 - What is Infidelity?
 - Types of Infidelity (sexual, emotional, combined type, split-self, solitary, online)
- Chapter 2: Gender Differences
 - Warning Signs
 - Costs
- Chapter 3: Why It Happens
 - How It Happens (The Slippery Slope, Walls Versus Windows and Boundary Breaching)
- Chapter 4: The Trauma Of The Revelation
 - What Determines The Severity of the Trauma?
 - Reactions of the Betrayed Partner, Betraying Partner and Affair Partner
 - The Children
- Chapter 5: Infidelity Treatment ~ Rebuilding Trust Phase
 - The First Couples Session
 - The Betrayed Partners' Individual Session
 - The Betraying Partner's Individual Session
 - The Feedback and Goals Setting Couples Session
 - The Trust Building Couples Session

- The Couples Confession Session
- The Statements of Impact
- The Trust Scale
- Chapter 6: Infidelity Treatment ~ Create Understanding and Meaning Phase
 - Catch Your Partner Pleasing You Activity
 - Why You Strayed
 - Why You Stayed
- Chapter 7: Infidelity Treatment ~ Forgiveness Phase
 - The Betrayed's Pre-Apology Individual Session
 - The Betrayer's Pre-Apology Individual Session
 - The Formal Apology Session
 - Forgiveness (Cheap Forgiveness, Non-Forgiveness, Genuine Forgiveness, Self-Forgiveness)
 - Mistaken Assumptions
- Chapter 8: Infidelity Treatment ~ Recommitment Phase
 - Reclaiming Sex and The Good Enough Sex Model
 - Infidelity Prevention Agreement
 - Building Protective Factors (Communication, Love Maps, Positive Sentiment, Turning Towards and Rituals of Connection)
- Chapter 9: Infidelity Treatment ~ Signs of Healing and Recovery
 - Session in the Bank
 - When Couples Therapy is Contraindicated
- Chapter 10: Healing Alone
 - Couples Therapy Myths
 - Benefits of Working with One Partner
 - Assessment with One Partner
 - Last Resort Techniques
- Chapter 11: Resource Guide for Clients and Therapists
 - Books, Workbooks, Card Decks, Mobile and Webpages

But wait, there's more! 11 handouts for in-session activities or homework assignments

- Appendix 1: Emotional Affair Quiz
- Appendix 2: Online Affair Quiz
- Appendix 3: Oral History Interview
- Appendix 4: Individual Partner Interview
- Appendix 5: Self-Soothing Handout
- Appendix 6: Low Cost and High Cost Trust Building Behaviors
- Appendix 7: If I Forgive, Then... Exercise

Appendix 8: The Forgiveness Exercise
Appendix 9: The Trust Statements Exercise
Appendix 10: The Speaker Responder Guide
Appendix 11: I Appreciate Exercise

About the Author

Since 1999, Marilyn has dedicated her career to working with couples and families. She has successfully worked with a variety of individual, couple and family issues such as infidelity, ineffective communication, conflict management issues, sexual issues, divorce management, anger, depression, anxiety, post-traumatic stress disorder, self-esteem, grief, rape, attention deficit disorders, sleep issues, parenting struggles, blended family issues, incest, family of origin issues, family conflict, etc.

She received her Bachelor of Arts degree in Psychology and Master of Science degree in Child Development and Family Studies from Purdue University. Marilyn is a Licensed Marriage and Family Therapist in the states of Indiana and Illinois, a Clinical Fellow of the American Association for Marriage and Family Therapy (AAMFT), an AAMFT Approved Supervisor and a Certified Gottman Seven Principles Leader.

Marilyn is a member of Alpha Chi National College Honor Society and a charter member of the Omega Chapter of Delta Kappa, an international marriage and family therapy honor society. She is also a past member of the Indiana Association for Marriage and Family Therapy, the Illinois Association for Marriage and Family Therapy and a past Board Member and Region Representative for the Indiana Association for Marriage and Family Therapy.

She has published and presented nationally and internationally on the topics of infidelity, sexuality, family therapy, ethics, adolescence, gang behavior and residential care. She has also taught at Purdue University and Illinois Institute of Technology and is an independent supervision consultant. Currently, Marilyn provides individual therapy, pre-marital counseling and couples therapy with Thrive for Life Online Counseling.

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