



## ***Announcing a new group for couples healing from infidelity and sexual betrayal.***

Research now shows that the impact of infidelity and sexual addiction can create deep impacts on a committed relationship. Oftentimes there is resulting trauma that impacts the ability to feel safety or trust, in addition to blocks to feel close. Trauma, PTSD, shame and guilt...it's all part of the process.

Additionally, the healing path of couples in this process can be very different from typical marital therapy. It is both complicated and multi-layered. To be effective it must address 1) the spousal trauma resulting from discovery 2) the impact on safety, trust and marital functioning 3) the addict's deep shame and guilt from his infidelity and 4) an effective path forward to rebuild intimacy and connection. Expert skilled guidance, therapy and support is needed in working with couples to heal from sexual betrayal.

This group has been designed from years of experience in helping couples restore their marriages. It is an educational and experiential group that will give participants tools, processes and resources to grow as a couple in the context of grace and gentleness.

### **Who should participate?**

The group will be most helpful for those who have done some initial work to attain sobriety & who have also developed support through counseling and/or support groups. Our recommendation is that the husband has at least 60 days of recovery work and sobriety. We also require that a full formal disclosure has been completed. Additionally, while not required, it is helpful for the coupleship work if the spouse is also part of a spousal support group and/or in individual counseling.

### **Topics that will be covered include:**

- Creating coupleship safety
- Managing hypervigilance
- Understanding impact of partner trauma
- Understanding the sex addicted brain
- Core wounds and core fears in the coupleship
- Building emotional and sexual intimacy
- Managing triggers

Communication distortions  
Co-regulation of emotions  
Building trust

**Group participants can expect to gain the following:**

- Foster greater understanding of sex addiction / partner betrayal trauma -
  - Understand Recovery timeline and be able to identify where they are at -
  - Understand healthy recovery for each individual and the coupleship
  - Provide a safe place to vulnerably share your story and be heard, understood and validated
  - Increase empathy in the relationship
  - Emotional regulation for individual partners and coupleship
  - Learn about keys to increasing emotional intimacy
  - Learn how to support each other's recovery work without becoming responsible for it -
- Key Recovery Skills
- AVR vs DARVO (Deny Attack Reverse Victim & Offender)
  - Couple Check in

This group will meet 6 sessions on Monday night from 6-8:00 PM on the following dates: 1/15, 1/29, 2/12, 2/26, 3/11, 3/25. The cost for the program is \$950 and includes all books and other resources. A deposit of \$150 and signed group agreement is required to secure your place in the group.

Homework will be assigned in-between sessions using workbook exercises as well as check-in formats.

All members should plan on attending in person at our Palatine office located at 625 N North Court in Palatine. Sessions will be held in our group room on the same floor.