

## TREATING INFIDELITY

Very few issues in couple therapy are as challenging and as emotionally laden as treating infidelity. When a couple presents this issue in therapy, it is almost always with considerable emotional turmoil. In fact, it is one of the most charged experiences in couple therapy and has the potential for tremendously destructive emotional, relational, familial, and financial consequences. On the other hand, if the couple is committed to working together, an affair can be a turning point for an individual and a couple, offering the prospect of new growth, understanding, and commitment.

Although there is much in the literature about the feelings experienced by couples when an affair has taken place, we often overlook the feelings engendered in the therapist who is treating the couple. Therapists report that infidelity is one of the most difficult problems to treat, and many therapists are apprehensive and uncertain about how to work with such a challenging issue (Fife, Weeks, & Gambescia, 2008; Whisman, Dixon, & Johnson, 1997). The senior author once conducted a week-long training in couple therapy. The fifth day contained the training unit on affairs. On the fourth day, he noticed the participants were becoming anxious and beginning to ask questions regarding the content of the fifth day. When the group was asked to discuss how they were feeling, almost all expressed concern that we would not have enough time to cover infidelity, and many expressed concern over how they had been handling this issue with their clients. In this chapter we provide a thorough description of how to work with couples in treatment for infidelity. Interested readers are referred to Weeks, Gambescia, and Jenkins (2003) for a more comprehensive text on this subject.

For clarification purposes, the following identifiers will be used in this chapter:

- Affair** partner – client having the affair
- Betrayed** partner – client not having the affair
- Extramarital** or **extradyadic** partner – individual with whom client is having the affair.

### Challenges for the Therapist

For most therapeutic issues, the therapist is concerned about which model, technique, or strategy will produce the best result. However, treating extramarital affairs raises other concerns and anxieties in the therapist that are unique in treating this problem. Two of the most common issues raised are countertransference and ethical questions

# Treating Infidelity

**Ian Pickup**



## **Treating Infidelity:**

Handbook of the Clinical Treatment of Infidelity Katherine Milewski Hertlein, Fred P Piercy, Joseph L.

Wetchler, 2013-03-07 Help your clients relationships survive infidelity In the Handbook of the Clinical Treatment of Infidelity a panel of seasoned experts reflects on issues central to affairs and on how to help couples heal and learn from them First editors Fred P Piercy Katherine M Hertlein and Joseph L Wetchler provide an essential overview of infidelity theory research and treatment They discuss the effect of infidelity on couples and delineate three types of infidelity emotional physical and infidelity including aspects of both They review the relatively new role of the Internet in infidelity and explore infidelity within the context of comarital relationships Finally they discuss the overarching theories and common models used in infidelity treatment Also in the Handbook of the Clinical Treatment of Infidelity Susan M Johnson the co developer of Emotionally Focused Therapy EFT discusses affairs through the lens of attachment theory and shows how EFT provides a way to acknowledge and express pain remorse and regret and to repair this attachment bond David Moultrup takes a Bowenian approach to infidelity focusing attention on the underlying dynamics of the emotional system Frank Pittman and Tina Pittman Wagers outline cultural myths about affairs and do their share of debunking Adrian Blow discusses how to help couples directly address their pain and the challenges of the healing process Brian Case highlights the role of apology and forgiveness in the healing process Frank Stalfa and Catherine Hastings focus on the treatment of accusatory suffering a spouse s obsessive holding onto and retaliating for an affair long after it has ended and despite the offending partner s repeated apologies and attempts at restitution Don David Lusterman discusses individuals who have suppressed or denied traumatic stress reactions to their partner s affair and how to help them Scott Johnson discusses myths about affairs from who is cheating on whom to whether men really have more affairs than women to the blame filled language of affairs betrayal and infidelity asking us to think more systematically about affairs and to see the dynamics of extra dyadic relationships as more complex and nuanced than they are typically portrayed in the literature Joan Atwood provides an overview of Internet infidelity the factors influencing one s involvement in this type of infidelity and some considerations for therapists Tim Nelson Fred Piercy and Doug Sprenkle report on the results of a multi phase Delphi study that explored what infidelity experts say are the critical issues interventions and gender differences in the treatment of Internet infidelity Monica Whitty and Adrian Carr draw upon Klein s object relations theory and discuss how this might influence the way people rationalize their Internet infidelity Emily Brown outlines the concept of the Split Self Affair discussing its origins characteristics and implications for individuals and couples and providing detailed information on how to work with these couples in therapy Michael Bettinger presents extra dyadic relationship as a fact rather than a problem within many gay male relationships a discussion that shows how gay male polyamory can work as an alternative to the heterosexual model of emotional and sexual exclusivity in romantic dyadic relationships Katherine Hertlein and Gary Skaggs report on the results of a study that assessed the level of

differentiation and one's engagement in extra dyadic relationships The Handbook of the Clinical Treatment of Infidelity is essential reading for today's and tomorrow's clinicians who work with couples Make it a p **The Oxford Handbook of Relationship Science and Couple Interventions** Kieran Terese Sullivan, Erika Lawrence, 2016 The Oxford Handbook of Relationship Science and Couple Interventions showcases cutting edge research in relationship science including couple functioning relationship education and couple therapy **Infidelity** Paul R. Peluso, Taylor J. Irvine, 2024-06-06 This second edition brings together an impressive array of experts to discuss and provide understanding to the treatment of infidelity Bringing together voices from a range of disciplines and backgrounds including couples therapy family therapy evolutionary psychology relational research and more Peluso and Irvine help therapists understand and practically treat this common and complex issue Divided into three parts chapters begin by laying the foundations for understanding why couples commit infidelity before looking at different treatments such as Gottman Method Couples Therapy models of fidelity and forgiveness and other integrative approaches This new edition includes brand new material on topics such as nonmonogamy teletherapy cyber infidelity and the impact of infidelity on couples and families from different social cultural generational and sexual perspectives With revised referrals and resources at the end of each chapter additional infidelity treatment methods and examinations of gender race and power this guide is essential reading for all practicing and training marriage and family therapists counselors psychotherapists and social workers Couples in Treatment Gerald R. Weeks, Stephen T. Fife, 2014-01-10 This third edition of Couples in Treatment helps readers conceptualize and treat couples from multiple perspectives and with a multitude of techniques The authors do not advocate any single approach to couple therapy and instead present basic principles and techniques with wide ranging applicability and the power to invite change making this the most useful text on integrative systemic couple therapy Throughout the book the authors consider the individual interactional and intergenerational systems of any case Gerald Weeks Intersystems Model a comprehensive integrative and contextual meta framework can be superimposed over existing therapy approaches It emphasizes principles of therapy and can facilitate assessing conceptualizing couples problems and providing helpful interventions Couple therapists are encouraged to utilize the principles in this book to enhance their therapeutic process and fit their approach to the client rather than forcing the client to fit their theory After the Affair - Healing for the Offender Beth Luwandi, 2017-12-12 Most books written on the topic of healing after infidelity are unapologetically geared to serve the betrayed Finally here is help for the offender Born from years listening to both parties and helping both parties heal Beth Luwandi Lofstrom Licensed Professional Counselor offers a clear path out of the enormous pain chaos and confusion experienced by those who have an affair Whether your spouse knows or not and whether the affair is ongoing newly terminated or long past this guide book will take you on an efficient route to regain equilibrium move with clarity and purpose and come to terms with what's next for you Easily accessible and founded on Whole Human Theory™ this approach is designed to serve you no matter how you re

made It gets right to the core of things so you can do your most effective and lasting healing starting right now While the book will provide solace for every offender it s also a must read for every therapist who hopes to truly help individuals and couples heal after infidelity And while the betrayed partner might not find everything on its pages comforting for those who are brave enough it tells the real truth of why infidelity happens what to do with this painful reality and how to heal in a way that makes possible the best of life for the rest of life To learn more about Whole Human Theory TM the author other writing live events and services offered visit [www.bethluwandi.com](http://www.bethluwandi.com) [Patterns Of Infidelity And Their Treatment](#) Emily M. Brown,2013-05-13 The new edition of this highly regarded book includes comprehensive discussion of the nature of an affair and the five types of affairs and their underlying dynamics The author addresses issues regarding revealing the affair management of the consequences rebuilding and treating an unmarried third party as well as the host of complex issues regarding children and custody arrangements New material for the second edition includes cybersex and the effects of new technology on fidelity in marriage the effects of managed care on treatment marriage to the third party and a new chapter on affairs and violence **Handbook of Clinical Issues in Couple Therapy** Joseph L. Wetchler,2011-03 Handbook of Clinical Issues in Couple Therapy is a comprehensive overview of emerging issues that impact couple therapy all in a single volume While other guides concentrate more on the approaches themselves this invaluable source provides the latest research and perspectives every clinician needs when dealing with challenging issues often found in practice Practitioners get a clear view of the aspects of problems they must consider to be most effective when providing therapy to couples The text is fully referenced **Systemic Sex Therapy** Katherine M. Hertlein,Nancy Gambescia,Gerald R. Weeks,2019-11-06 Systemic Sex Therapy third edition integrates couple and sex therapy to inform the treatment of sexual problems and to give beginning clinicians the abilities and confidence they need to produce change in their patients lives Grounded in the Intersystem Approach the book considers the biology psychology couple dyad family of origin and larger contextual factors of any sexual disorder or issue Each chapter examines the definition and description of a sexual disorder or issue its etiology assessment treatment research and future directions This thoroughly revised edition presents 18 updated chapters consistent with the DSM 5 and features new content on sexuality and aging infidelity sexual interest arousal disorder disability and kink BDSM Experts in the field discuss all the major sexual dysfunctions along with new chapters on culture technology and their interplay with sexual functioning An essential text in the field Systemic Sex Therapy sets out a conceptual framework for graduate students in couple and family therapy programs looking to develop a comprehensive integrative understanding of sexual issues **Healing from Infidelity** Michele Weiner-Davis,2017 Little compares to the devastation people feel upon discovering their spouse has been unfaithful Shocked devastated and overwhelmed couples often hit stalemates as they struggle to get past intense emotional pain mistrust resentment and never ending arguments about the betrayal Based on over three decades of experience helping couples recover from betrayal and save their marriages Weiner Davis offers a step

by step program to help readers Deal with traumatic feelings after the discovery Respond to questions about the affair Talk about intense emotions without arguing End the affair Offer apologies that are sincere and healing Overcome flashbacks and painful memories Rebuild trust and accountability Make their marriage stronger than before the affair Find forgiveness Reconnect sexually This book is filled with case vignettes of couples whose lives were shattered by betrayal but have eventually recovered and thrived Publisher's description **After the Affair** Janis A. Spring, 2008-07-08 Dr Spring possesses a remarkable combination of clarity wisdom spirit and heart This is an extremely helpful and healing book a gift to us all Harriet Lerner Ph D author of The Dance of Anger It is must reading for any couple who has experienced the violation of trust as a result of an affair Harville Hendrix Ph D A staggering number of couples in America about 70 percent have been affected by extramarital affairs After the Affair is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship Written by Janis Abrahms Spring Ph D a nationally known therapist and acknowledged expert on infidelity this revised and updated version brings the groundbreaking classic into the 21st century with a new section dealing with online affairs in cyberspace For women who are struggling in their marriage and for clinicians psychology academics and readers fascinated by of popular psychology this newly revised and updated edition of After the Affair is essential reading

**Handbook of the Clinical Treatment of Infidelity** Katherine Milewski Hertlein, Fred P Piercy, Joseph L. Wetchler, 2013-03-07 Help your clients relationships survive infidelity In the Handbook of the Clinical Treatment of Infidelity a panel of seasoned experts reflects on issues central to affairs and on how to help couples heal and learn from them First editors Fred P Piercy Katherine M Hertlein and Joseph L Wetchler provide an essential overview of infidelity theory research and treatment They discuss the effect of infidelity on couples and delineate three types of infidelity emotional physical and infidelity including aspects of both They review the relatively new role of the Internet in infidelity and explore infidelity within the context of comarital relationships Finally they discuss the overarching theories and common models used in infidelity treatment Also in the Handbook of the Clinical Treatment of Infidelity Susan M Johnson the co developer of Emotionally Focused Therapy EFT discusses affairs through the lens of attachment theory and shows how EFT provides a way to acknowledge and express pain remorse and regret and to repair this attachment bond David Moultrup takes a Bowenian approach to infidelity focusing attention on the underlying dynamics of the emotional system Frank Pittman and Tina Pittman Wagers outline cultural myths about affairs and do their share of debunking Adrian Blow discusses how to help couples directly address their pain and the challenges of the healing process Brian Case highlights the role of apology and forgiveness in the healing process Frank Stalfa and Catherine Hastings focus on the treatment of accusatory suffering a spouse's obsessive holding onto and retaliating for an affair long after it has ended and despite the offending partner's repeated apologies and attempts at restitution Don David Lusterman discusses individuals who have suppressed or denied traumatic stress reactions to their partner's affair and how to help them Scott Johnson discusses myths about affairs from

who is cheating on whom to whether men really have more affairs than women to the blame filled language of affairs betrayal and infidelity asking us to think more systematically about affairs and to see the dynamics of extra dyadic relationships as more complex and nuanced than they are typically portrayed in the literature Joan Atwood provides an overview of Internet infidelity the factors influencing one's involvement in this type of infidelity and some considerations for therapists Tim Nelson Fred Piercy and Doug Sprenkle report on the results of a multi phase Delphi study that explored what infidelity experts say are the critical issues interventions and gender differences in the treatment of Internet infidelity Monica Whitty and Adrian Carr draw upon Klein's object relations theory and discuss how this might influence the way people rationalize their Internet infidelity Emily Brown outlines the concept of the Split Self Affair discussing its origins characteristics and implications for individuals and couples and providing detailed information on how to work with these couples in therapy Michael Bettinger presents extra dyadic relationship as a fact rather than a problem within many gay male relationships a discussion that shows how gay male polyamory can work as an alternative to the heterosexual model of emotional and sexual exclusivity in romantic dyadic relationships Katherine Hertlein and Gary Skaggs report on the results of a study that assessed the level of differentiation and one's engagement in extra dyadic relationships The Handbook of the Clinical Treatment of Infidelity is essential reading for today's and tomorrow's clinicians who work with couples Make it a p *Healing From Infidelity* Debbie Lancer, Jackson a Thomas, 2019-07-16 Buy the Paperback version of this Book and get the Kindle Book for FREE Do you know that infidelity can affect anyone directly or indirectly Yes it can Even the couples we consider perfect can be affected by cheating either emotionally or physical Do you also know that cheating does not have to be physical A spouse can cheat emotionally and think that it does not affect his/her relationship Regardless of how a person cheats infidelity has tough consequences Typically no one is prepared for an infidelity case especially when it affects them directly Who could ever think that the person they love and entrust their hearts with can cheat on them In fact infidelity catches people so unaware that they hardly know how to deal with it The wounds run so deep we consider healing as a possibility However the good news is you can heal from any form of infidelity It does not matter how long the cheating spouse has had the affair Neither does it matter the type of infidelity that has been or is taking place or the number of people involved With time dedication and patience one can learn how to get past the pain Better still infidelity does not have to break the relationship you have worked so hard to build It is possible to heal together and move on In fact your relationship might become better once you have survived the storm Normally we assume that the cheating partner is just selfish and inconsiderate But once you pay attention to them you may realize that they are hurting as much as the cheated on person There might be a lot of conflict going on within them and they need help as much as anyone else No matter how badly you are hurt there is a chance for recovery This book is designed to help the betrayed spouse and the person who had an affair It will also help a person who has not yet experienced the wrath of infidelity to understand the cause effect and intensity of cheating In this book you will learn how to

rebuild trust after an incidence of infidelity To that end do you feel weighed down by that infidelity And would want to recover from the heartache and betrayal Does that affair which you or your spouse had years ago still affect the quality of your life and relationship today Would you like to understand the causes and effects of infidelity in a clearer way so that you build a better relationship with our partner This is the book for you We have deliberately used a simple language and relatable incidences to help you develop greater awareness of what is happening in your life and relationships You will learn everything including how to heal yourself to how you can help a partner to rebuild a relationship Here is a sneak peek of what you will take away The main causes of cheating and how a man and a woman view cheating The art of understanding and forgiving a spouse Rebuilding the emotional connection between you and your spouse Robust strategies for repairing the hurt and seemingly irreparable relationship The need for sex and sexual intimacy in repairing a relationship that is hurt because of an affair And much more Gain control of your emotions Heal yourself wholesomely and enjoy a more rewarding for enjoying a more rewarding fulfilling personal relational marriage professional and social life Download now Healing From Infidelity This Guide is for both men Infidelity Paul R. Peluso,2007 First Published in 2007 Routledge is an imprint of Taylor Francis an informa company *Forgiveness Therapy for the Treatment of Infidelity* Katie A. Rainey,2003 What Happens After Shattered? Dr. Deanna Sims,2015-09-04 It is no secret that many hearts have been shattered by infidelity With affairs and sexual addiction at all time highs in our society it is no wonder that those affected by the real life trauma and agonizing pain of unfaithfulness search for ways to cope forgive and eventually heal In her comprehensive Christian self help guidebook What Happens After Shattered licensed mental health counselor Dr Deanna Sims shares gentle guidance that includes case examples strategies for coping and healing and over one hundred biblical passages With the hope of encouraging and supporting those on a journey to healing after infidelity Dr Sims addresses many key issues including how to identify the different types of affairs honor anger as a natural phase of grieving navigate through the discovery and disclosure phases of an affair understand narcissism and its correlation to infidelity answer questions to determine whether to reconcile or terminate the marriage implement an affair prevention plan to safeguard your marriage work toward a spirit of forgiveness What Happens After Shattered reinforces the important message that hope personal growth and healing are possible even after the life altering experience of an affair A unique and valuable resource for those in the Christian community Peggy Vaughan author of To Have and To Hold and host of DearPeggy.com A well thought out Christian counseling book on the topic of infidelity Rona Subotnik LMFT coauthor of Surviving Infidelity 3rd Edition and author of Why Did He Cheat on Me **Treating Infidelity** Gerald R. Weeks,Nancy Gambescia,Robert E. Jenkins,2003 Infidelity is one of the leading presenting problems for couples entering counseling **Intimate Betrayal** Michael Don Howard, Dr,Michael Howard,2011-09-12 Intimate Betrayal Hope and Healing for Couples Recovering from Infidelity and Sexual Addiction is a book written to help couples discover genuine hope and true healing as they recover from infidelity and sexual addiction It is

a practical book that presents an innovative effective and dynamic six phase model of infidelity recovery As couples read this book they will not only learn important information about infidelity including how it is defined the different ways in which it can take place and why it occurs in the first place but they will also be exposed to a dynamic six phase model of recovery designed specifically to assist them in rebuilding their relationships and their lives in a personal journey of healing and recovery The unique yet complex scenario of compulsive infidelity and sexual addiction is also presented with an in depth discussion of how it can be identified and subsequently treated within the overall framework of the marital relationship Difficult topics such as affair discovery disclosure confronting the spouse and affair partner identifying sources of support deciding whether to leave or stay and work on the relationship and trust and forgiveness will be presented and examined in great detail In addition to discussing infidelity related to traditional affairs Intimate Betrayal Hope and Healing for Couples Recovering from Infidelity and Sexual Addiction also explores the world of cybersex and how technology is being increasingly utilized as part of the infidelity process Intimate Betrayal is a must read for couples wanting or even considering rebuilding their relationship following infidelity Many describe this book a vital relationship tool for all couples teaching them practical methods for preventing or at least minimizing the chance of infidelity occurring in the first place This is a book written for individuals and couples who are dealing with one of the most difficult challenges a relationship can experience It is also perfectly suited for therapists clergy and other professionals who seek to help these couples Read this book today and discover the hope and healing that can occur in your relationship

*HEALING FROM INFIDELITY* Alice Gardner, 2021-02-15 50% OFF for Bookstores AMAZON Best Seller Do You Feel Betrayed Do You Wonder Why It Has Happened to You Do You Want To Recover From Infidelity It might seem like the end of the world and indeed the end of your relationship but it doesn't have to be that way Healing From Infidelity is a comprehensive relationship book that will help you Rebuild Trust and Save Your Relationship Alice Gardner a psychologist with over 20 years of experience in couples counseling leaves no stone unturned to help you heal your wounds faster and rescue your marriage By offering you an in depth understanding of the psychology of cheating the motivation behind infidelity and the aftermath you will be able to Understand The Various Types Of Infidelity The Role Of Technology Learn Why Men Cheat And Why Women Cheat Find Out If Infidelity Can Be Predicted Prevented That's Not All If you are reading this you are probably looking to heal your emotional wounds That is precisely why Alice Gardner focuses on the aftermath By the end of this self help book for women and men you will be able to Deal With Your Emotional Trauma Understand The Biology Of Heartbreak Regain Your Lost Confidence Relieve Anxiety Or Insecurity Communicate Better Rebuild Intimacy Prevent It From Happening Again Do You Want To Move On Find The Right Path To Recovery If you still have feelings for your partner if you want to move past this incident if you're going to rebuild your life on new terms this book on infidelity will help you go through that challenging process with confidence

Cheating on the Sisterhood Lauren Rosewarne, 2009-05-14 The author explores the disconnect between many

women's feminist values and their handling of infidelity in intimate relationships Drawing on the gender equality agenda pop culture representations and her own experience as the other woman she argues that infidelity is a political as well as personal matter not just a heterosexual problem as the feminist academy views it in presenting an analysis of the participation of the male betrayer the female betrayed and the female affair partner *After the Affair* Janis A. Spring, 1997-02-14 For the 70 percent of couples who have been affected by extramarital affairs this is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship written by a nationally known therapist considered an expert on infidelity When I was 15 I was raped That was nothing compared to your affair The rapist was a stranger you I thought were my best friend There is nothing quite like the pain and shock caused when a partner has been unfaithful The hurt partner often experiences a profound loss of self respect and falls into a depression that can last for years For the relationship infidelity is often a death blow *After the Affair* is the first book to help readers survive this crisis Written by a clinical psychologist who has been treating distressed couples for 22 years it guides both hurt and unfaithful partners through the three stages of healing Normalizing feelings deciding whether to recommit and revitalizing the relationship It provides proven practical advice to help the couple change their behavior toward each other cultivate trust and forgiveness and build a healthier more conscious intimate partnership

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