

## 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

**Debbie Lancer, Jackson a Thomas**

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