

# **Betrayed Partners Intensive Treatment Centers**

## **1. Fourth Dimension Counseling & Coaching - Betrayed Partners Intensive Retreat -**

Address: FOURTH DIMENSION HEALING RANCH 26044 SE 192nd Street  
Maple Valley, WA. 98038

Website: <https://fourthdimensioncounseling.com/betrayed-partner-intensives/>

### **Upcoming Partner Betrayal Intensive July 27th – 31st, 2023**

“In the world of zoom and telehealth, we are offering an opportunity to connect and start healing in person, with women on a similar journey.”

“Join a small group of women for an immersive healing experience set in a rural setting including equine-assisted therapy, mindfulness, group therapy around the campfire, psychoeducation about betrayal trauma, and Sound Bath healing to help work through the emotional and stress responses to betrayal trauma.”

In this intensive we bring Carol Juergensen Sheets' book, “Unleashing Your Power: Moving Through the Trauma of Partner Betrayal”, to life. This intensive will take you through the three phases of betrayal trauma treatment: Safety and stabilization, working through anger, grief and mourning and restoration of self with posttraumatic growth.

Intensives include lunches, dinners, snacks and activities while at the ranch.

5 Days - Psychoeducation - Art Room - Sound Bath - Equine Assisted Therapy - Mindfulness Activities - Experiential Group Therapy - Fireside Group Therapy

**Cost: \$3000.00 per person**

\*You may request a Superbill for out of network reimbursement.

## **2. Heart to Heart Counseling Center - Sex Addict Partner's Intensive Retreat -**

Address: Heart to Heart Counseling Center 720 Elkton Dr STE 100 Colorado Springs, CO 80907

Website: <https://www.drdougweiss.com/partner-intensive/>

Phone: 719-278-3708

Email: [heart2heart@xc.org](mailto:heart2heart@xc.org)

Being in a relationship with a sex addict is not part of your identity. Who you are as a person and the relational outcome are not the cause of the addiction. The sexual addiction usually started long before you even knew the person or entered into a relationship with that person. Don't let your future be defined by the past.

### **SEX ADDICT PARTNER'S INTENSIVE**

The Partner's Intensive is for partners of sex addicts. Being in a relationship with a sex addict can have an impact on you and implications for your own personal life and well-being. Your scheduled counselor will walk with you down that road and support you during the healing process. This intensive includes three counseling sessions every day. Our Partner's Intensives help you:

- Focus on the specific areas you need to address for your emotions.
- Define precise tools to target issues you are having trouble getting past.
- Utilize resources which will speak into your situation and help you heal.
- Understand the sexual addiction.
- Create a structured partner's recovery plan.
- Attend Partners Recovery Groups at our office.
- Renew your identity.
- Become unstuck in your acceptance of his addiction.

Your relationship with a sex addict doesn't define who you are as a person or your future. Redefine yourself and your image. The 3 and 5 Day Partners Intensives are held at Heart to Heart Counseling Center in Colorado Springs, Colorado. They are scheduled Mondays through Wednesdays or Mondays through Fridays.

### **3. Heart to Heart Counseling Center - Partner Betrayal Trauma™ Intensive -**

Address: Heart to Heart Counseling Center 720 Elkton Dr STE 100 Colorado Springs, CO 80907

Website: <https://www.drdougweiss.com/partner-intensive/>

Phone: 719-278-3708

Email: [heart2heart@xc.org](mailto:heart2heart@xc.org)

The trauma from betrayal and broken trust runs deep. This intensive is specifically for you if you feel like you were betrayed. The trauma created by being betrayed by your partner or spouse changes you and your life. They were the most significant and important person in your world. They let you down. You need to heal, be validated, and empathized with as you recover from your unique partner betrayal.

#### **YOUR PARTNER BETRAYAL TRAUMA™ INTENSIVE**

The Partner Betrayal Trauma™ Intensive starts with you. You have to hear your own unique story of betrayal to overcome the trauma caused by it. The intensive consists of counseling sessions, assignments, and healing exercises which allow you to heal. These intensives are 3 or 5 days long.

Each day will help create a roadmap for your unique journey of healing. You will have individual counseling sessions, watch therapeutic DVDs, attend support group meetings, and complete healing assignments. We also provide a separate room for you so you will have a sacred space to work on your healing. Our Partner Betrayal Trauma Intensives help you:

- Hear your story of betrayal.
- Assess the unique impact of your partners betrayal.
- Develop strategies to heal those areas impacted by this trauma.
- Compassionately co-create a process of healing and grieving your losses.
- Release any false beliefs that you caused this trauma in any way.
- Process and feel the hurt, anger, or pain of your trauma.
- Co-create an on-going support path for you to grow through this phase of your story.

Broken trust can be restored, and betrayal isn't the end of the road for your hope. The 3 and 5 Day Partner Betrayal Trauma™ Intensives are held at Heart to Heart Counseling Center in Colorado Springs, Colorado. They are scheduled Mondays through Wednesdays or Mondays through Fridays.

#### **4. Bayan Therapy Group - FREEDOM JOURNEY SUPPORT INTENSIVE FOR PARTNERS OF SEX ADDICTS -**

Address: Bayan Therapy Group - 11712 Moorpark St., Suite 111  
Studio City, CA 91604

Website: <https://www.banyantherapy.com/partners-intensive/>

Phone: 818-435-7847

Email: [info@banyantherapy.com](mailto:info@banyantherapy.com)

##### What is the main purpose of the Partner's Intensive?

The goal of our Partner's Intensive is to provide a safe space for healing for those who are in a relationship with a sex addict. This intensive provides a small group environment to help provide community support, a safe space where you can share your story with others, education, resources, and tools for beginning your healing journey from betrayal trauma. We take a multidimensional partner trauma model approach, recognizing that sex addiction creates a traumatic rupture for partners of sexually addicted men and women. Because of this betrayal trauma, we've found that many partners need extra support to heal.

##### Who is a good fit for the Partner's Intensive?

Our Partner's Intensive is designed for any partners who are healing from the impact of sexual betrayal. Whether you are in early healing after discovery and/or disclosure, or if you have been in the recovery process for a while but want to take your healing to a new level the intensive provides a unique space for you to find refuge and restoration.

##### How long does it last?

The intensive lasts for 4-days, with the days running roughly from 9:00AM – 6:00PM, or 30 therapy hours. Send us an email to receive a sample schedule.

##### What will be Covered in the Intensive?

Some topics will vary based on the needs of the participants, but topics we typically cover include:

- Dealing with the emotional aftershock of discovery and/or disclosure
- Understanding betrayal trauma symptoms
- Examining the impact of sexual betrayal
- Building new resources for self-care and safety
- Navigating trauma triggers
- Understanding sex addiction

- Exploring the impact of sex addiction on the body and on sexuality
- Identifying patterns of emotional and psychological abuse in the relationship
- Healing somatically
- Solidifying a new foundation of values
- Building healthy boundaries
- Creating a vision for self and the relationship
- Preparing to move from here – Establishing a plan for the future

Why do this intensive instead of regular outpatient therapy?

We recognize that everyone’s journey of healing from betrayal trauma is different. We also know that healing comes best in the community. Because of this, we are offering this intensive to build a community of support and healing, where it can otherwise be so difficult to find other safe people to fully share this journey with. Our intensive provides a unique blend of processing, information sharing, and expressive healing opportunities in a small group environment that is often impossible to accomplish on an individual outpatient level. We also take into consideration your unique situation and will do our best to build a program that meets you right where you are.

What about my responsibilities with my job and family?

We work to find the best time frames for those attending our intensives, so we try to work around work schedules as much as possible. For that reason, we often schedule our intensives from Fridays-Mondays. We account for the needs of your schedule to make our program work for you and for your family.

What is the Cost for the Intensive?

The cost for the intensive is \$3500 for the 4 days. This includes materials, assessment inventories, focused care, and dedicated support throughout the intensive. If you have financial hardship, please do let us know and we will do everything we can to make the program work for you.

How do I learn more about the Partner’s Intensive?

If you have any further questions please feel free to reach out to Monifa, at [workshops@banyantherapy.com](mailto:workshops@banyantherapy.com) or call (818) 435-7847 ext 25. We would be happy to talk to you more about the program and if it’s a good fit for you.

## **5. Betrayal Trauma Intensive With Shauna and Shelly - Bridges Counseling Center -**

Address: Bridges Counseling Center 2270 Douglas Blvd., Ste 112 Roseville, CA 95661

Website: <https://www.betrayaltrauma.com/>

### **Upcoming Intensive Dates: October 5-7, 2023**

Has betrayal trauma made you feel "stuck"? Do barriers resulting from either addiction or betrayal feel unbreakable, keeping you from moving forward? Join betrayal trauma specialists Shauna Roberts (LMFT, CSAT) and Shelly Aldrich (LMFT, CSAT) as they guide nine women in unlocking the hope, healing, and peace they have been searching for. Join betrayal trauma specialists Shauna Roberts (LMFT, CSAT) and Shelly Aldrich (LMFT, CSAT) for a weekend of connection, empowerment, and healing. Your weekend includes a variety of therapeutic activities aimed at empowering you with recovery tools and emotional healing (group, mindfulness exercises, art therapy, yoga for trauma-healing).

A three-day betrayal trauma intensive recovery framework.

Location: In-Person at Bridges Counseling in Roseville, CA

Cost is \$3,000 per person (a 50% deposit is required to reserve your space). Lunch, snacks, and beverages provided. Lodging is not included. Payment plans available.

Individuals will work personally with Shauna and Shelly

When your application is approved, we'll send you an acceptance email, an in-depth betrayal trauma assessment, and other materials to complete before the intensive. This will help you get the most out of your time with us and allow us to personalize your experience based on your unique needs.

Based on your application and the betrayal trauma assessment, your experience with us will be structured to include (but not be limited to) the following:

- Betrayal Trauma Counseling
- Education
- EMDR or ART
- Yoga
- Mindfulness Training

- The focus and development of healthy habits

## **6. The Meadows - Healing Intimate Treason: For Partners of Sex Addiction -**

Address: The Meadows of Wickenburg 1655 N. Tegner Street Wickenburg, AZ 85390

Website: <https://www.themeadows.com/workshops/healing-intimate-treason-for-partners-of-sex-addiction/>

Phone: 866-424-5476

### **Relationships Workshop**

This workshop was developed in collaboration with Claudia Black, Ph.D., Senior Fellow, and author of *Deceived: Facing Sexual Betrayal, Lies, and Secrets and Intimate Treason*. Working from a clinical model based on trauma and addiction, partners impacted by the destruction of sexual compulsion will have the opportunity to begin healing from intimate betrayal.

Participants will learn about the biology and the behavior of sex and love addiction and will explore their own relational templates. This is an experientially-based workshop that will assist partners to move through their grief and loss, breaking free from the attachment to fantasy, and enhancing emotional self-regulation. Developing internal, external, and sexual boundaries, participants will learn how to move from a position of victimization to personal empowerment. This workshop creates a safe and compassionate environment that will provide a path to healing that gives voice to the partners' truth as they travel on their own journey to recovery.

### **Workshop Quick Summary**

Workshop: Healing Intimate Treason

Category: Relationships

What: A safe and compassionate environment to learn about the biology and behavior of sex and love addiction, explore relational templates, break free from the attachment to fantasy, enhance emotional self-regulation, and develop internal, external, and sexual boundaries

Who: Partners impacted by the destruction of sexual compulsion who are looking for an opportunity to begin healing from intimate betrayal

Cost: \$3,950, which includes meals, evening activities, Brain Center, and gym access (NOTE: Most workshops are now eligible for reimbursement through most insurance plans.)

**\*\*Summer Special!\*\*** For a limited time, we are offering our life-changing workshops at the all-inclusive price of \$4450. This includes private lodging on a first-come, first-served basis while available, ground transportation from and to



the airport, meals, evening activities, and more! Offer only valid for workshops scheduled/attended now through Labor Day, 2023 (\*does not include workshops starting on Labor Day). Talk to an admissions specialist for details.

Lodging: Reserve single or shared on-site rooms

WORKSHOP QUICK TAKE: Developed in collaboration with Claudia Black, PhD, author of *Intimate Treason*, this experientially based workshop assists partners in moving through their grief and loss to go from a position of victimization to one of personal empowerment.

## **7. The Meadows - The Betrayal Bond -**

Address: The Meadows of Wickenburg 1655 N. Tegner Street Wickenburg, AZ 85390

Website: <https://www.themeadows.com/workshops/healing-intimate-treason-for-partners-of-sex-addiction/>

Phone: 866-424-5476

### **Betrayal Bond Workshop**

The Betrayal Bond workshop is designed to help participants free themselves from, and recover from, exploitive relationships, processes, and situations. We tend to think of all bonds as being positive, but they are actually neutral and can become positive or negative. A betrayal bond is a type of negative bond that occurs when someone develops a strong and intense attachment to a person or an addictive process that is destructive to them. This workshop was developed under the guidance of Dr. Patrick Carnes, internationally known sex addiction expert and a Senior Fellow at The Meadows, and is based on his ground-breaking book of the same name. It addresses exploitation of all kinds: marital, familial, relational, professional, religious, litigious, child abuse, domestic violence, cults, and addictions.

#### **The goals of this workshop are to help participants:**

- Recognize, acknowledge, and develop insights about situations, people, and processes that are exploitive in nature.
- Break through denial, identify signs that a betrayal bond exists, and grieve losses.
- Explore the root causes of one's involvement in relationships, situations, and processes that are destructive to them.
- Identify key elements that drive the cycle of abuse, betrayal of trust, and power
- Learn about the psychodynamic and neurobiological concepts behind exploitive situations and relationships.

### **Workshop Quick Summary**

Workshop: The Betrayal Bond

Category: Emotional Trauma

What: A workshop focused on identifying negative bonds and destructive attachments, recognizing denial, grieving losses, and beginning to heal

Who: Anyone interested in freeing themselves from or recovering from exploitive relationships, processes, and situations

Cost: \$3,950 (includes meals, evening activities, Brain Center and gym access)

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Lodging: Reserve single or shared on-site rooms

**WORKSHOP QUICK TAKE:** All bonds aren't positive. Intense attachments to some people or addictive process can be destructive. The Betrayal Bond workshop, designed by renowned sex addiction expert Dr. Patrick Carnes, helps participants identify harmful patterns, get past denial, grieve losses, and find healing and freedom.

## **8. MichelleMays - In-Person Intensive - Sex After Betrayal -**

Address: 201 Liberty St. SW Leesburg, VA 20175

Website: <https://michellemays.com/programs/sex-after-betrayal/>

Phone: (571) 442-1898

Email: [admin@michellemays.com](mailto:admin@michellemays.com)

### **Healing the Sexual Injury**

Partner betrayal includes the overlapping of three specific types of traumatic injury that influence and exacerbate each other. This four-day therapy intensive focuses on understanding and healing the sexual injury resulting from intimate betrayal.

### **This program IS ideal for you for...**

- Women who have experienced sexual betrayal (whether from an isolated infidelity or a pattern of sexually compulsive behavior) and have completed the initial work to address the crisis of discovery, stabilize trauma symptoms, and establish boundaries and patterns of self-care.
- Betrayed partners who feel ready to deal with the impact to their sexuality and are prepared to dive deeply into sexual issues in a safe and confidential small group setting.
- Betrayed partners who want to better understand their sexuality and more fully embrace their sexual selves.

### **How the Intensive is Structured**

The Sex After Betrayal: Reclaiming Your Sexual Self intensive is held at the Center for Relational Recovery's main office in Leesburg VA just outside of Washington DC. Participants stay at a local hotel. The intensive is designed as a small group experience with 6-8 participants. The intensive combines therapy, psycho-education, and experiential work. If you are working with an individual therapist, we will collaborate with them about the work you do with us.

### **After completing the Sex After Betrayal: Reclaiming Your Sexual Self intensive you will be able to:**

- Operate from self-acceptance knowing that who you are, how you are sexually wired, your preferences, experiences and desires are normal.
- Help your partner (or future partner) understand who you are sexually and engage in your sexual relationship from a place of self-acceptance and curiosity.

- Identify your Sexual Alarm System, honor your need for safety and move more freely toward the safe adventure of sex.
- Learn how to say no so that you can fully and enthusiastically say yes.
- Find your sexual voice, create sexual boundaries, and gain courage to speak honestly and vulnerably about sexual issues with those who matter.

## **9. Rachael Starr Therapy - Betrayal Trauma Intensives -**

Addresses: COLORADO LOCATION 7430 E. Caley Ave, Suite 130, Centennial, CO 80111 ; FLORIDA LOCATION 7301 Palmetto Park Rd # 102A Boca Raton, FL 33433

Website: <https://rachaelstarrtherapy.com/betrayal-trauma-intensive/>

Email: [rstarrmsw@gmail.com](mailto:rstarrmsw@gmail.com)

Phone: (772) 475-3334

### **Betrayal Trauma Intensives**

Betrayed Partners Intensive Trauma Work - Our Betrayal Trauma Intensives are one to two weeks. Clients will reside in a private residence or hotel room located close to our office. The clients will meet with our staff and continue working with them throughout the intensive. We will discuss individual goals and how to reach them within the time frame of the intensive.

### **What's Included?**

- Days of Treatment are Based off of Your Needs
- Set Individual Goals for the Retreat
- Receive 6 to 8 Hours of Individual Therapy per Day
- Receive Nine-12 Months of Therapy in One-Two Weeks
- Treatment Includes EMDR, Attachment Therapy and Relational Therapy and Others
- Heal the Symptoms of PTSD and Trauma

## **10. Grace Healing Journey - HEALING FROM BETRAYAL WORKSHOP - A 4-DAY INTENSIVE FOR WOMEN -**

Address: 7301 Carmel Executive Park Dr Suite 218, Charlotte, NC 28226

Website: <https://charlottetherapy.com/healing-from-betrayal-partner-intensive>

Email: [April@charlottetherapy.com](mailto:April@charlottetherapy.com)

Phone: 980-288-2396

Are you in a relationship with someone who is struggling with compulsive sexuality or addiction? Regardless of the type of behavior, we recognize the betrayal and hurt, and the significant impact this has had on you and your relationship. What you are experiencing is trauma - and we can help!

We have designed a 4-day workshop for men and women in a relationship with someone who is struggling with compulsive sex or sex addiction.

This intensive focuses on you and helps you heal from the pain of betrayal. In this workshop, you will be joined by others who have experienced this same kind of trauma. You will receive, for possibly the first time, real support and love.

### **You will learn the following and much more:**

- What trauma looks like and practical ways to heal from it
- Tools for coping
- Understanding of the addiction cycle
- What addiction, partner, and couple recovery looks like
- Steps to build trust and forgiveness
- How to develop a healthy support system
- How come addiction is not about you
- Steps to rebuild self-esteem
- Process of deciding whether to stay in the relationship
- How to make sure the kids are okay

Cost: \$2550.00 (Includes lodging, complimentary breakfast at hotel and lunch at intensive)

## **11.H3 Counseling - Dr. Crystal Hollenbeck - THREE-DAY COMPLEX TRAUMA INTENSIVE -**

Address: 7301 Carmel Executive Park Dr Suite 218, Charlotte, NC 28226

Website: <https://charlottetherapy.com/healing-from-betrayal-partner-intensive>

Email: [April@charlottetherapy.com](mailto:April@charlottetherapy.com)

Phone: 980-288-2396

**If you are a survivor of the following, a Three-Day Complex Trauma Intensive can be a significant part of your healing process.**

- Childhood Abuse and/or Neglect
- Childhood Sexual Abuse
- Sexual Assault and/or Rape
- Loss of Loved Ones | Complex Grief
- Witnessing or Discovering the Death of Someone
- Relational and/or Sexual Betrayal – Betrayal Trauma that may include staggered disclosure, and include betrayal by family and friends
- Witnessing or Experiencing a Car Accident
- Mugging, Physical Beating, Home Invasion, Shooting
- Bullying and/or Discrimination in Childhood or Adulthood
- Complex and/or Chronic Loss Including Financial Loss

Dr. Crystal Hollenbeck is an APSATS Certified Clinical Partner Specialist, a Certified Clinical Trauma Professional, and a Certified EMDR Therapist.

Dr. Crystal Hollenbeck offers a Three-Day Trauma Recovery Intensive that focuses on these needs in the healing process. She recommends that couples first attend the Couples Sex Addiction Three-Day Intensive if the sexually addicted spouse is willing to and then the Partner attend the Trauma Intensive. However, as the Partner, even if your spouse is not in recovery, your healing must be a priority in order to experience healing from the trauma you experienced with the discovery and/or the ongoing staggered disclosure of the sexually betraying behaviors and lies.

**A Few Requirements to Consider:**



**\*You will be required to stay in a Hotel whether you are a local resident or coming in from out of town**

**\*The cost is \$5300.00 plus travel, hotel, food, etc.**

**\*You will be expected to abstain from all alcohol and non-prescribed drug use 30 days prior and during the Intensive.**

**\*You will be expected to give your full focus on the Intensive and asked to abstain from all media and work during the Intensive.**

**\*You will need to have a therapist you are currently working with and will continue to work with after the Intensive.**

**3 Day Intensives: Orlando Office - Sand Lake View Center 7345 W. Sand Lake Road, Suite 303 Orlando, FL 32819**

## **12. Waterstone Counseling Center - Spouses of Sex Addicts Intensive-**

Address: Waterstone Counseling Center - 1672 South 48th Street, Suite B  
Springdale, Arkansas 72762

Website: <https://waterstonecounseling.com/spouses-of-sex-addicts-intensive>

Email: [support@waterstonecounseling.com](mailto:support@waterstonecounseling.com)

Phone: 479-202-6300

Sexual addiction, infidelity, or betrayal of any kind takes a devastating toll on marriages and romantic relationships. Spouses and partners need support and healing to cope with the range of emotions and difficult experiences caused by betrayal.

### **What is a Spouses of Sex Addicts Intensive?**

This intensive seeks to support women who are affected by their husband or partner's addiction, infidelity and betrayal and is customized to meet the specific needs and goals of the client and to help provide them support and a roadmap to healing.

### **What is the format for a Spouse's Intensive?**

An intensive format differs from traditional counseling and can provide a client much more “traction” in a shorter time frame as they navigate their way out of the pain and chaos of betrayal. Typically, this intensive is structured so that an individual client meets with Reneé Wells for 3 consecutive days which will usually be a Wednesday thru a Friday with Saturdays occasionally being an option based on availability. Reneé has been trained through The Association of Partners of Sex Addicts Trauma Specialists (APSATS) and will meet with the client for approximately 4 hours of therapy per day for 3 consecutive days, which is the equivalent of approximately 3 months of weekly therapy. A 30-60 minute phone consultation takes place before the intensive to assign “pre-work” to the participant. Additionally, a 30-60 minute follow-up phone call is scheduled a month after the intensive.

There will also be many recommended resources given to the client before and during therapy such as podcasts, book recommendations, and articles that will help with recovery.

### **Who should attend a Spouse Intensive?**

Women, ages 18 and older, who are affected by their husband or partner's addiction, infidelity and betrayal

### **What is the cost and accommodations for this Intensive?**

The fee is \$3,600 and that includes the 3 days of therapy. A \$600 non-refundable deposit is required at the time the intensive is booked and the remaining balance is due 45 days before the intensive. Please note that cancellations can be made up to 45 days before the scheduled intensive and only the \$600 deposit will be forfeited. We accept cash, checks, or credit cards. Please note that insurance companies generally do not cover intensives but we will be happy to provide you with a receipt for tax purposes.

If you live outside of Northwest Arkansas, please be aware that lodging, transportation, and accommodations are NOT included in the fee. All the intensives take place at our office in Springdale and we do have several hotels right next to our counseling center that you can stay in. Here are a few lodging options for you to consider: Residence Inn by Marriott, Hampton Inn & Suites, Home2 Suites by Hilton, Holiday Inn. Our office is located approximately 30 minutes from the Northwest Arkansas Regional Airport so it is very easy to UBER or taxi to our location.

### **What are some other important things I should know about the intensive?**

We realize that participating in an intensive requires a significant investment of your time and resources. That being said, we do our best to facilitate a comfortable environment that promotes safety, security, vulnerability and authenticity. Your confidentiality and growth is very important to us! We believe this type of environment is essential to help you maximize the benefit of your investment.

### **Who should I contact to learn more about or schedule an intensive?**

You can email Sean McDonald, Owner and Clinical Director, at [sean@waterstonecounseling.com](mailto:sean@waterstonecounseling.com) or call our office at 479-202-6300 and leave a voicemail letting us know that you are interested in an intensive and we will get back with you quickly.