

Resources for Male Betrayed Partners

Support Groups

1. **Male Partners of Female Sex Addicts MPOFSA**

Website: <https://www.malepartnersoffemalesexaddicts.com/resources>

“May this site serve as a HUB for men uniting against the shame and isolation of loving a woman addicted to sex.”

This website is a resource for men who seek gender-specific validation and support for their experiences of loving women who are addicted to sex.

2. **MEN’S PRODEPENDENCE DROP-IN GROUP HOSTED BY JOHN BENTLEY**

Website: <https://sexandrelationshiphealing.com/your-own-sexual-behavior/weekly-webinars/webinar-experts/>

- (Free, for Male Partners of Addicts)
- Hosted by Jon Bentley
- Group meets every Thursday at 6 p.m. Pacific.
- To access these sessions [CLICK HERE](#).
- If your computer asks for a meeting ID, use: 112-276-909.

3. **BETRAYED MALE PARTNERS ONLINE SUPPORT GROUP BY JOHN MCNAMARA, LMFT.**

“This ongoing weekly therapy group is a much-needed resource for men who have experienced betrayal or infidelity by a partner or spouse. Because there are so few resources available to male betrayed partners, they often face recovery from betrayal trauma in shame and isolation. This group provides a safe space for men who seek gender-specific validation and support for their experiences of loving partners who have betrayed them and/or are addicted to sex to share their stories, connect with other men and learn tools for healing. This group offers participants the opportunity to process and share their own feelings and experiences as well as psychoeducation about topics such as:

- Boundaries
- Communication
- Self-Care
- Relational Healing
- Shame
- Isolation

- Complex Trauma
- Emotional Regulation

When: Fridays from 2:00 – 3:30pm PST

Where: Online through a free, confidential conferencing software Cost: \$85/week (payable at the beginning of every month) Registration: Space is limited for this ongoing group. Please contact John McNamara, LMFT at john@lacrh.com to reserve your space today.

4. **HOPE AFTER BETRAYAL “PRIVATE” FACEBOOK GROUP**

Website: <https://www.facebook.com/groups/hopeafterbetrayal/>

“This group is for betrayed partners only and is a private group where only group members can participate and see each other’s posts. It’s for both female and male partners; the information says there are a good number of men in the group and they have been welcomed by the female group members and are offering each other great support. The therapist who started the group says, “I post a video each week discussing some of the key challenges facing betrayed partners who are in recovery, and I also interact with members as they post questions and issues they are wrestling with. I have been really pleased as the group has started to shape up about the level of constructive support being offered to members by one another. We are working hard to norm the group as a place to work on recovery not only to vent or share.”

5. **BAN - Beyond Affairs Network - Beyond Affairs Network (BAN)** is a grassroots organization made up of local support groups for people who are dealing with the devastating impact of a spouse's affair.
6. **ISA - Infidelity Survivors Anonymous** - Infidelity Survivors Anonymous is a support group for individuals who have experienced infidelity-induced trauma caused by any form of sexual betrayal in their primary relationship(s). In ISA, we learn helpful and practical tools to cope with the trauma and the other harmful effects of infidelity or sexual betrayal. In addition to these useful tools, we have an opportunity to work the ISA 12 Steps, as well as experience the benefits of the ISA Promises.
7. **Al-Anon** - Al-Anon is a mutual support program for people whose lives have been affected by someone else’s drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their

individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

8. **Codependents Anonymous** - "Somewhere along the line, we learned to doubt our perception, discount our feelings, and overlook our needs. We looked to others to tell us what to think, feel, and behave. Other people supplied us with information about who we were and should be. It became more important to be compliant or avoidant rather than to be authentic, and we adopted rigid beliefs about what "should be." We believed that if we could just "get it right," things would be okay. When we "got it wrong," our sense of security and self-worth evaporated. We find by working the Steps and Traditions, we find the strength to be that which God intended, Precious & Free, with healthy, loving relationships. We find the Promises coming true, one day at a time."
9. **Cosex and Love Addicts Anonymous** - "COSLAA is a 12 step support group for the recovery of family, friends, and significant others whose lives have been affected by their relationship with someone addicted to sex and love. COSLAA, also known as CO-Sex and Love Addicts Anonymous reaches out to the suffering individual , 18 years or older, regardless of sexual orientation, gender, or relationship status. COSLAA meetings have a united purpose of mutual aid to those affected by another's sex and love addiction, but who are not sex addicts themselves."
10. **Emotions Anonymous** - "The EA membership is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. EA members are from many walks of life and are of diverse ages, economic statuses, social and educational backgrounds. The only requirement for membership is a desire to become well emotionally."
11. **Male Survivor** - "MaleSurvivor is a 501(c)(3), non-profit, public benefit organization committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism."
12. **Al-Anon Family Groups** - "Our personal situations may be different, but we share as equals because of what we have in common: our lives have been affected by another person's drinking. Al-Anon is a mutual support group. We can find understanding and support when we share our common experience with each other. Some of us are here because a spouse or partner has struggled with alcoholism. For others, the problem drinker is a parent, child, or grandchild. Sometimes a brother, a sister, or some other friend or relative brings us to Al-Anon. Many of us have had more than one alcoholic family member or friend."

13. **Nar-Anon Family Groups** - "The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind. Narateen is part of the Nar-Anon program for teens affected by someone else's addiction. Our program, which is not a religious one but a spiritual way of life, is based on the Twelve Steps of Nar-Anon. We've found that the working of these steps will bring the solution to practically any problem. We urge you to take this program and its twelve steps seriously. It has been as helpful to us as the Narcotics Anonymous program is to the addict. We only ask for the wisdom and courage to see ourselves as we really are, to do something about ourselves with the help of a Higher Power as we understand this, and for the grace to release our addicts with love and cease trying to change them."
14. **Families Anonymous (F.A.)** - "FA is a 12 step fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues. We are here to help!"
15. **COSA** - "COSA is a Twelve Step recovery program for spiritual development, no matter what your religious or philosophical beliefs. Through the Twelve Steps, we achieve serenity one day at a time. Our primary purpose is to recover from co-addiction and codependency and to reach out to those who still suffer. We do this by practicing the Steps, Traditions, and Concepts, and by sharing our experiences and listening to others. Through this program of recovery, we heal from our pain and come out of isolation. Our relationships and our lives become more meaningful and more fulfilling. We discover inner strength, unshakable serenity, deep joy, and lasting freedom, one day at a time. The only requirement for COSA membership is to have been affected by compulsive sexual behavior. When dealing with the effects, many of us experience trauma, pain, powerlessness, and unmanageability. We often turn to unhealthy behaviors of our own to manage our pain or try to control the behaviors of others. In the end, we realize our need to reach out for help."
16. **Prodependence Anonymous** - "Prodependence Anonymous is a community of men and women whose common purpose is to develop healthier relationships, especially with addicted or otherwise struggling loved ones. The only requirement for membership is a desire for mutually healthy relationships. We come together to support and share with each other on a journey of self-discovery."
17. **POSARC - Partners of Sex Addicts Resource Center** - "A Welcome From PoSARC Founder, Lili Bee - Is your partner cheating on you? Do you suspect chronic infidelity has ravaged your relationship? If you fear you're losing your partner to sex addiction, porn addiction, strip clubs, webcam sex, escort services, fetish sites, massage parlors,

hookup apps or married cheater sites, then we know how devastated you probably are. Or maybe he's in recovery and you're tired of being called a codependent instead of the betrayal trauma survivor you are. Welcome – here you'll find the support you need.”

18. **SA Lifeline** - SA Lifeline Foundation is a non-profit 501c3 organization dedicated to Recovering Individuals and Healing Families from the effects of sexual addiction and betrayal trauma.

Group Therapy

1. Knowlton Counseling Group Therapy for Betrayed Partners

“You are NOT alone and this is NOT the end of your story. Discovery and/or disclosure of infidelity is often devastating for partners. Group therapy gives you the opportunity to connect to the experience of others, receive support in a safe and non-judgmental environment, see progress you’ve made, and develop hope. Our betrayed partners groups are available to betrayed partners, regardless of gender or sexual orientation.”

Website: <https://knowltoncounseling.com/betrayal/>

2. Choose Recovery Services

This group is for men who have experienced emotional and/or physical betrayal. Betrayal Trauma is real for men and women alike. Get tools to heal so you can move forward as a stronger man. Founder of Choose Recovery Services Luke Gordon noticed the lack of resources for men who suffer from Betrayal Trauma, a type of PTSD. American culture has told men that they need to buck up and not be so sensitive. This sentiment is very damaging, leading to less resources for men going through recovery and more stigma around men’s self care and good mental health. This group aims to mitigate this idea by being an open and safe place for men to talk about their past and their hopes for the future, allowing them to work together on their recovery journeys.

Website: <https://www.chooserecoveryservices.com/empowerment-after-betrayal-men/>

3. Pure Desire Ministries

“At Pure Desire, we know you want to be sexually healthy. In order to do this, you need healing from the effects of unwanted sexual behavior and betrayal trauma. The problem is you are stuck in a pattern which makes you feel powerless. We believe you were designed to live a life without sexual brokenness or betrayal trauma and the effects they can have on your future. Like you, we once felt powerless, but have found freedom and healing. We now have shared this healing with hundreds of thousands of men and women around the world. Here’s how you do it: 1. Select your group; 2. Join your group; 3. Start your healing.

Website: https://puredesire.org/?gclid=CjwKCAjwyqWkBhBMEiwAp2yUFr1nv7UgioPeuYXySEg4AkIM4-08XAXhrcGfm-yOBPPP1ozNNzkyBoCuhkQAvD_BwE

Books

1. The Betrayed Husband's Survival Guide by Gary Owens - The Betrayed Husband's Survival Guide shares practical tips and advice as the author shares his story of recovery from betrayal by a sexually addicted spouse.
2. A Man's Tools for Addressing Betrayal by Sibylle Georgianna - "If you have been injured by a significant other's betrayal, use the tools described in this book to determine the options you have, interrupt triggers, calm down your stress levels, and become clear on what you can request. You have many questions: Was my relationship with the one who betrayed me an illusion? What's my sense of reality that I did not see the dual life of the one who betrayed me sooner? How could I have entrusted myself and my family to a person I did not know? What if I encounter the same triggers over and over again? Does it mean that I am not healing? You have been wounded on so many levels. At the same time, betrayal trauma is not your fault. Pick up this manual for keys to unlocking freedom and a clear vision to moving forward."
3. Hope for Men Workbook by Dr. Ted Roberts & Diane Roberts - "Designed for individual or group use, Hope for Men uncovers the deep pain and fear that resides in men who have experienced betrayal. Most men would react in anger and ignore their need for healing. This journey will require a level of courage you've never experienced. As you face the pain and lean into Christ, He will bring healing to your soul and a new love for your wife."
4. Facing Heartbreak by Stefanie Carnes - "When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave. Facing Heartbreak weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery. Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing."
5. Courageous Love: A Couples Guide to Conquering Betrayal by Stefanie Carnes - "There is nothing that can rupture the loving connection between a couple like betrayal. Courageous Love provides a step-by-step guide for repairing your relationship, whether it is damaged by infidelity, pornography, or compulsive and addictive sexual behavior. Dr. Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their relationship."
6. Help. Them. Heal: Teaching You Both How to Heal Your Relationship After Sexual Betrayal by Carol Juergenen Sheets - "An empathy workbook and wonderful companion to Carol's best-selling Help. Her. Heal. This workbook is for couples to help them heal their relationship following sexual betrayal."

7. Full Disclosure: Preparing Partners for Full Disclosure by Dan Drake, Janice Caudill - Are you preparing for a full disclosure after sexual betrayal? Are you stuck trying to figure out how the disclosure process works, how to prepare for a disclosure, or what kinds of questions to ask? If you are looking for tools to better prepare for a full disclosure after sexual betrayal, this workbook breaks down the disclosure preparation process for you. As you follow this guide you will learn how to prepare mentally and emotionally for your disclosure, as well as how to best structure what you want and need out of the disclosure.
8. Surviving Disclosure: A Partner's Guide for Healing the Betrayal of Intimate Trust by Jennifer P Schneider M.D., M. Deborah Corley Ph.D. - Surviving Disclosure, helps partners better understand the trauma resulting from the addict's behaviors and offers a step-by-step guide for how to begin the healing process, prepare for the impact of living with an addict (even an addict in recovery), and deal with shame, anger and fear. The book describes what to tell the children and others, how to promote self-care and well-being no matter what the addict does, and how to set boundaries as part of rebuilding trust.
9. Your Sexually Addicted Spouse: How Partners Can Cope and Heal by Barbara Steffens and Marsha Means - Your Sexually Addicted Partner shatters the stigma and shame that millions of men and women carry when their partners are sexually addicted. They receive little empathy for their pain, which means they suffer alone, often shocked and isolated by the trauma. Barbara Steffens' groundbreaking new research shows that partners are not codependents but post-traumatic stress victims, while Marsha Means' personal experience provides insights, strategies, and critical steps to recognize, deal with, and heal partners of sexually addicted relationships.
10. Mending a Shattered Heart by Stefanie Carnes, Ph.D. - Anyone who has discovered their loved one, the one person that they are supposed to trust completely, has been cheating on them will want to read this book. Readers have an opportunity to explore whether the person they are in a relationship with is simply behaving badly or truly suffers from a disease called sex addiction. Knowing the difference and knowing what to do about it can be transformational.
11. The Betrayal Bond: Breaking Free of Exploitive Relationships by Patrick Carnes - Exploitive relationships can create trauma bonds--chains that link a victim to someone who is dangerous to them. Divorce, employee relations, litigation of any type, incest and child abuse, family and marital systems, domestic violence, hostage negotiations, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. All these relationships share one thing: they are situations of incredible intensity or importance where there is an exploitation of trust or power. In The Betrayal Bond Patrick Carnes presents an in-depth study of these relationships, why they form, who is most susceptible, and how they become so powerful. He shows how to recognize when

traumatic bonding has occurred and gives a checklist for examining relationships. He then provides steps to safely extricate from these relationships.

12. Moving Beyond Betrayal by Vicki Tidwell - A go-to guide on how to confront, heal from, and ultimately thrive after the devastation of betrayal by a partner's compulsive sexual or other addictive behavior. The first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth.
13. Intimate Treason by Claudia Black - A self-help manual for partners affected by sex addiction. Those who act out sexually, whether through pornography, cybersex, prostitutes, voyeurism, and/or multiple affairs, leave their partners reeling in rage, incredible shame, and isolation. In this taboo-shattering and practical guidebook, partners affected by sex addiction can learn to develop healthy boundaries and make positive changes in their lives.
14. Ambushed by Betrayal by Allan J Katz and Michele Saffier CSATS - Infidelity, gaslighting, and deception shatter the most sacred part of a committed relationship, the attachment. The foundation upon which your relationship house is built is demolished in an instant, leaving unsuspecting partners in rubble and twisted wires trying to make sense of what just happened. This is Betrayal Trauma. With the experience and wisdom of twenty-four years working with betrayed partners and utilizing the methods developed, Michele F. Saffier and Allan J. Katz offer you a self-guided process of healing, unlike any other—a heroes' journey.
15. Unstuck: Move from Powerless to Empowered in Your Relationships by Charlene Benson - Are You Stuck in a Relationship Ditch? Finding yourself in conflict in a relationship—for the first or umpteenth time—leads to feeling frustrated and powerless, like you're stuck in a ditch. Relationship coach Charlene Benson shows you how to experience change and gain momentum by helping you: Understand the hidden reasons that drive your behaviors ; Ditch old patterns and embrace a healthier way of loving and experiencing love ; Discover powerful pathways to help you avoid giving up in defeat or getting stuck at an impasse ; Choose effective responses over toxic reactions.
16. A Partner's Guide to Truth and Healing: A Healing Journey for Betrayed Partners by John Sternfels, LPC, NCC, CCPS, CSAT, CMAT, C-SASI - When infidelity occurs, betrayed partners enter into a state of emotional distress. In a flash, their world is suddenly turned upside down. With no help in sight, no one to turn to, and no one to help, they find themselves alone, shocked, angry, and scared. Their world becomes filled with hypervigilance, avoidance behaviors, flashbacks, sleep disturbances, mood and health problems, rumination thoughts, etc. Contained within the pages of this book, John Sternfels provides a pathway to truth and healing. Partners will gain a clearer understanding of what has happened and what is needed to heal. Regardless of where you

are in the journey, betrayal is a season in a partner's life but must not become a destination or a permanent identity.

17. I love you but I don't trust you by Mira Kirshenbaum - Whether broken trust is due to daily dishonesties, a monumental betrayal, or even a history of hurts from the past, it can put a relationship at risk. This is the first book to show you exactly what to do to restore trust in your relationship, regardless of how it was damaged. In this complete guide, couples therapist Mira Kirshenbaum will also help you understand the stages by which trust strengthens when the rebuilding process is allowed to take place. And you will learn how the two of you can avoid the mistakes that prevent healing and discover how to feel secure with each other again.
18. Prodependence: Moving Beyond Dependency by Robert Weiss - With Prodependence, Dr. Robert Weiss offers us the first fully new paradigm in over 35 years for helping those who love and care for addicts. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to love as is often the case.
19. The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love by Pia Mellody - In her first book in over 10 years, Pia Mellody—author of the groundbreaking bestsellers Facing Codependence and Facing Love Addiction—shares her profound wisdom on what it takes to sustain true intimacy and trusting love in our most vital relationships. Drawing on more than 20 years' experience as a counsellor at the renowned Meadows Treatment Centre in Arizona, Mellody now shares what she has learned about why intimate relationships falter—and what makes them work. Using the most up-to-date research and real-life examples, including her own compelling personal journey, Mellody provides readers with profoundly insightful and practical ground rules for relationships that achieve and maintain joyous intimacy.
20. Facing Codependence by Pia Mellody - Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.
21. Codependents' Guide to the Twelve Steps by Melody Beattie - The New York Times bestselling self-help book that offers advice on how to find and choose the recovery program for you, as well as a directory of the wide range of Twelve Step programs, including AA, Codependents Anonymous, Codependents of Sex Addicts, Adult Children of Alcoholics, and more.

22. The New Codependency: Help and Guidance for Today's Generation by Melody Beattie -
The New Codependency is an owner's manual to learning to be who you are and gives you the tools necessary to reclaim your life by renouncing unhealthy practices.
23. Reflections of Hope by S-Anon - S-Anon's first daily meditation book. Reflections of Hope embraces the voices of S-Anon men, women and teens, all touched by the effects of another person's sexual behavior. This collection of readings reflects the hope that comes from the experience of banding together to solve our common problems.
24. The State Of Affairs-Rethinking Infidelity by Esther Perel - The State of Affairs provides a daring framework for understanding the intricacies of love and desire. As Perel observes, "Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart."
25. Intimate Deception: Healing the Wounds of Sexual Betrayal by Dr. Sheri Coffey -
Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.
26. Tell Me No Lies by Ellen Bayer, Ph.D. - Everybody lies. Friends lie to friends. Children lie to their parents. Politicians lie to constituents. And, inevitably, husbands and wives lie to each other. Lies between lovers have tremendous potential to both nurture and destroy a relationship. It is easy to underestimate the power that lies-even seemingly harmless lies-can wield in your marriage. Tell Me No Lies explores the complexity of honesty versus deception in marriage and reveals the many reasons behind the lies we tell our partners (and ourselves).
27. Unleashing Your Power: Moving Through the Trauma of Partner Betrayal by Carol Juergensen Sheets and Christine Turo-Shields - This workbook was written to assist partners in finding themselves again after their relationship has been shattered by sexual betrayal. Bestselling author, Carol Juergensen Sheets, co-wrote this book with Christine Turo-Shields to help partners move through the 3 stages of partner betrayal. The workbook assists you in finding safety and stabilization by working through your feelings of confusion, disorientation and self-doubt which is a natural by-product of deception.

28. Boundaries Where You End And I Begin: How To Recognize And Set Healthy Boundaries by Anne Katherine M.A. - Have you recently walked away from a date or a conversation feeling uncomfortable or violated? Are you looking for ways to set limits with your spouse, kids, parents, or boss? This essential guide to setting and respecting boundaries is for anyone wanting to better understand themselves and others.
29. Boundaries in Marriage by Henry Cloud, John Townsend - In Boundaries in Marriage, Drs. Henry Cloud and John Townsend, counselors and authors of the New York Times bestseller Boundaries, teach us that healthy boundaries are the property lines that define and protect you and your spouse as individuals. Once you have them in place, a good marriage can become better, and a less-than-satisfying one can even be saved.
30. Boundaries in Marriage Workbook by Henry Cloud, John Townsend - This hands-on workbook companion to Boundaries in Marriage will help you move beyond friction points to the mutual care, respect, affirmation, and intimacy you and your spouse long for.
31. Open Hearts - Renewing Relationships with Recovery, Romance & Reality by Patrick Carnes - Open Hearts is a book a couple reads together. It takes techniques that Carnes and the Laasers developed in their psychotherapy practices and weaves them into a series of individual and joint exercises. It looks at tough issues: shame, anger, money, betrayal, sex, parenting. It encourages fun: drawing up a family motto, expressing spirituality together, taking gentleness breaks.
32. Should I Stay Or Go? : How Controlled Separation (CS) Can Save Your Marriage by Lee Raffel - Until now, couples facing the dilemma of deciding whether or not to stay in an unhappy marriage had three options: individual or couples therapy, separation, or divorce. Should I Stay or Go? provides these couples with a fourth option--the Controlled Separation (CS). Should I Stay or Go? explains CS and shows how it can be used as a tool to help couples make the best decision for both partners.
33. The Couple's Guide to Intimacy: How Sexual Reintegration Therapy Can Help Your Relationship Heal by Dr. Bill Bercaw CSAT CST, Dr. Ginger Bercaw CSAT CST - "How can we have a healthy sex life after sex addiction?" We have answered this question by developing Sexual Reintegration Therapy(SRT). If you have a vision for a better relationship, SRT gives you the plan. Even if you cannot see clearly how your wounded relationship can be healed, SRT will offer you that hope. SRT consists of a progressive series of clearly defined experiences (that we have been using successfully with our clients for years) that will help you address core intimacy issues that need upgrading.
34. Sex, God, & the Chaos of Betrayal: The Couples' Road Map of Hope & Healing - Recovery from Infidelity, Affairs, Pornography & Sexual Addiction by Roane Hunter, Eva Hunter. - Every person today knows someone who has been impacted by the devastating effects of sexual brokenness in one of its various manifestations - porn addiction, affairs, sexual compulsivity and sex addiction. The individuals and couples who have been affected by sexual brokenness in the form of sexual betrayal universally

report that it is one of the most emotionally gut-wrenching experiences anyone can endure. They will often describe it as feeling “worse than death,” and many say they would rather die. Roane and Eva Hunter offer a raw and transparent account of the difficult path they have traveled together in dealing with sexual addiction. The result is their ability to offer a comprehensive road map for recovery.

35. “I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression” by Terry Real - Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression’s “un-manliness.” Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children. This groundbreaking book is the “pathway out of darkness” that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse.
36. Never Enough The NeuroScience and Experience of Addiction by Judith Grisel - From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey.
37. Understanding Addiction: Know Science, No Stigma by Dr. Charles Smith and Dr. Jason Hunt - In Understanding Addiction: Know Science, No Stigma, doctors Chuck Smith and Jason Hunt bring a unique and important perspective to the subject of addiction. Experts in the field, Smith and Hunt have personal, firsthand experience with the humiliation and shame that accompanies substance use disorder. But addiction, as they point out, is a disease, no less so than diabetes or heart disease, and it needs to be treated as such. If you, or a loved one, is struggling with addiction, you'll find help in Smith and Hunt's book. When one understands the science behind addiction, one can begin to move forward. Beyond the stigma lies hope.

Podcasts

1. [Healing Paths Recovering Hope PODCAST Episode 79: Male Partners of Sex Addicts -](#)
Podcast Episode Description: “We recently received an email from a listener who is a male partner of a female sex addict. He rightly observed that there are some special challenges in healing in those circumstances. We are dedicating this episode today to examine why it can be extra painful for men who are with female sex addicts to get the help and support they may need. We also mentioned resources for male sex addicts looking for qualified therapists to help them. (www.sexhelp.com) and (https://www.apsats.org/specialists#!directory/map) are good places to start.” - [Healing Paths Recovering Hope PODCAST Episode 79: Male Partners of Sex Addicts -](#)
2. [Is Betrayal Trauma Different for Male Partners w/Carol the Coach -](#)
Podcast Episode Description: “Betrayal Trauma can feel different for male partners Their greatest wounding is to believe that nothing that they experienced with their significant other was real. They experience an out-of-the-blue grief response to the sudden loss of what they thought was their life and they have nowhere to turn because there are very few resources for male partners. Our guest today, Sibylle Georgianna has written a book for male partners to offer that support and she wants male partners to know that at some point they need to mourn the relationship they thought they had. She knows that reactions such as anger, sadness, numbness or craving to go out and cheat yourself show the humongous loss. The betrayal wound causes you to no longer trust your significant other and yourself. In her book she says: "You have many questions: Was my relationship with the one who betrayed me an illusion? What’s my sense of reality that I did not see the dual life of the one who betrayed me sooner? How could I have entrusted myself and my family to a person I did not know? You have been wounded on so many levels. I would like to repeat: betrayal trauma is not your fault.”
[Is Betrayal Trauma Different for Male Partners w/Carol the Coach -](#)
3. [Betrayal Recovery Radio, the official podcast of APSATS -](#) "Betrayal is traumatic, and those who have been betrayed by partners living secret lives of sexual addiction deserve to be empowered and supported with knowledge and resources to allow them to move from shock through grief and into growth. On Betrayal Recovery Radio, important topics for both sex addicts and their partners will be shared through conversations leading to hope and healing." [Betrayal Recovery Radio, the official podcast of APSATS -](#)
4. [Conversations on Sex, Addiction, and Relationships -](#) "Wendy Conquest, Dan Drake, Jeanne Vattuone, and Tim Stein invite guests to join an ongoing conversation about sex, addiction, and relationships. Wendy, Dan, Jeanne, and Tim are experts in the fields of sex

addiction, betrayal trauma, and trauma resolution." [Conversations on Sex, Addiction, and Relationships -](#)

5. [Helping Couples Heal -](#) "Helping Couples Heal is an ongoing podcast designed to help couples recover and heal from the impact of betrayal trauma on their relationships. Over the course of this podcast series, we will offer resources and support and teach you the tools and skills necessary to heal your relationship. You will also hear from recovered addicts, partners and couples who will share their stories, as well as from experts in the field of betrayal." [Helping Couples Heal -](#)
6. [Beauty Beyond Betrayal - Heal from Betrayal, Affair Recovery, Betrayal Trauma Recovery - Hosted by Lisa Limehouse -](#) "Have you just found out your husband has sexually betrayed you? Do you feel like the pain will never end? Are you so overwhelmed that you just don't know how to navigate through the trauma it has brought upon you? Do you feel like you will never trust anyone ever again? In this podcast you will find biblical guidance, pure honesty and tactical solutions that will help you heal from the betrayal of an affair. My mission is to help you heal from the devastation, rebuild trust, and rise in confidence so you can find your identity after marital betrayal. If you're ready to rise above the heartbreak, trauma, and devastation to a place of hope and restoration - then you're in the right place." [Beauty Beyond Betrayal - Heal from Betrayal, Affair Recovery, Betrayal Trauma Recovery - Hosted by Lisa Limehouse -](#)
7. [Sex, Love, and Addiction with Dr. Rob @seekingintegrity.com -](#) This podcast features robust discussions focused on healing from chronic infidelity, cheating, porn, and sex addiction, along with the pain of relationship betrayal. [Sex, Love, and Addiction with Dr. Rob @seekingintegrity.com](#)
8. [Overcoming Betrayal & Addiction with Dr. Rob and Tami @seekingintegrity.com -](#) The Overcoming Betrayal and Addiction podcast, featuring Dr. Rob Weiss and Tami VerHelst, presents a conversational Q&A style discussion drawn from listener questions about sex and porn addictions, infidelity, cheating, and hard work required to heal relationship betrayal. [Overcoming Betrayal & Addiction with Dr. Rob and Tami @seekingintegrity.com](#)
9. [Betrayal, betrayal trauma, & DARVO: Promoting individual & collective healing by Melissa Ming Foynes, Podcast: The Science & Soul of Living Well, 7 May 2021 -](#)
Podcast Episode Description: "In this episode, I speak with Dr. Jennifer J. Freyd, the Founder and President of the Center for Institutional Courage, Inc (<https://www.institutionalcourage.org/>), keynote speaker, author, and professor emerit of psychology with over 30 years of experience researching people and their relationships

with institutions.) Dr. Freyd emphasizes how it is in our nature as human beings to be sensitive to betrayal because experiencing betrayal can be so costly. She also explains how our wiring for connection, attachment, and love can contribute to us not only feeling great shame when we are betrayed, but also may also contribute to a phenomenon she refers to as "betrayal blindness." She thoughtfully shares her research on betrayal, different types of betrayal (e.g., institutional & interpersonal betrayal), reasons we may forget about experiences of trauma or have difficulty remembering certain details, and DARVO (D - Deny, A - Attack, RVO - Reverse Victim & Offender), a strategy that can be used to deflect blame when confronted with accusations of wrongdoing. Importantly, she highlights hope-instilling aspects of her research which show us how we can refrain from engaging in DARVO regardless of whether or not we believe we did what we are being accused of doing. We also discuss specific, concrete actions we can engage in on individual, interpersonal, and institutional levels to counteract the individual and collective harm caused by DARVO and effectively navigate difficult conversations with courage, curiosity, compassion, accountability, willingness to be vulnerable, openness to believing things we may not understand, and respect for ourselves and others." [Betrayal, betrayal trauma, & DARVO: Promoting individual & collective healing by Melissa Ming Foynes, Podcast](#)