

# AFTER *the* AFFAIR

Healing the Pain  
and Rebuilding Trust  
When a Partner Has  
Been Unfaithful



JANIS ABRAHMS SPRING, Ph.D.  
WITH MICHAEL SPRING

# After The Affair Healing The Pain And Rebuilding Trust When A Partner Has Been Unfaithful 2nd Edition

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Piercy, Joseph L. Wetchler**



## **After The Affair Healing The Pain And Rebuilding Trust When A Partner Has Been Unfaithful 2nd Edition:**

**After the Affair, Third Edition** Janis A. Spring, 2020-08-25 Full of juicy concrete advice to heal from an affair Esther Perel MA LMFT New York Times bestselling author of Mating in Captivity and The State of Affairs From a clinical psychologist who served as a clinical supervisor in the Department of Psychology at Yale University received the CPA's award for Distinguished Contribution to the Practice of Psychology and has treated couples and trained therapists for over four decades this newly updated award winning book provides concrete proven strategies for those who seek to survive their partner's infidelity and to rebuild the relationship after an affair There is nothing quite like the devastation caused when a partner has been unfaithful Hurt partners often experience a profound shattering of their familiar and valued sense of self and fall into a depression that can last for years For the relationship infidelity is often a death blow This new third edition of After the Affair with more than 600 000 copies sold helps guide both hurt and unfaithful partners through three stages of healing normalizing the crisis deciding whether to recommit to their partner and rekindling trust and sexual intimacy It includes a new section in which patients ask questions not addressed in previous editions and the author provides concrete strategies for earning trust and forgiveness

*After the Affair, Updated Second Edition* Janis A. Spring, 2012-09-04 After the Affair teaches partners how to heal themselves and grow from the shattering crisis of an infidelity Drawing on thirty five years as a clinical psychologist Dr Spring offers a series of original and proven strategies that address such questions as Why did it happen Once love and trust are gone can we ever get them back Can I should I recommit when I feel so ambivalent How do we become sexually intimate again Is forgiveness possible What constitutes an affair in cyberspace

**The Family Therapy Treatment Planner, with DSM-5 Updates, 2nd Edition** Frank M. Dattilio, David J. Berghuis, Sean D. Davis, 2015-01-07 This timesaving resource features Treatment plan components for 40 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Family Therapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 40 main presenting problems including child parent conflicts depression abuse death and loss issues blended family problems and loss of family cohesion Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Family Therapy Progress Notes Planner Second Edition and the Brief

Family Therapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) *The Oxford*

*Handbook of Infidelity* Tara DeLecce, Todd K. Shackelford, 2022 This handbook showcases a broad range of infidelity topics through perspectives in social psychology evolutionary psychology and other areas of research on romantic relationships It discusses the processes of infidelity alongside sources of variation such as sexual orientation developmental life history individual differences and culture for the broader social scientific community interested in fidelity in romantic relationships

Clinician's Guide to CBT Using Mind Over Mood, Second Edition Christine A. Padesky, Dennis Greenberger, 2020-04-02 This authoritative guide has been completely revised and expanded with over 90% new material in a new step by step format It details how when and why therapists can make best use of each chapter in Mind Over Mood Second Edition MOM2 in individual couple and group therapy Christine A Padesky's extensive experience as a CBT innovator clinician teacher and consultant is reflected in 100 pages of compelling therapist client dialogues that vividly illustrate core CBT interventions and management of challenging dilemmas Fully updated the book offers research based guidance on the use of MOM2 to treat anxiety disorders depression anger guilt shame relationship problems and personality disorders Invaluable therapy tips real life scenarios and troubleshooting guides in each chapter make this the essential MOM2 companion for novice and experienced therapists alike Reproducible Reading Guides show how to sequence MOM2 chapters to target specific moods First edition title Clinician's Guide to Mind Over Mood New to This Edition Detailed instructions on how when and why to use each of MOM2's 60 worksheets Expanded coverage illustrating effective use of thought records behavioral experiments and imagery Shows how to flexibly tailor MOM2 to address particular anxiety disorders using distinct principles and protocols Incorporates evidence based practices from positive psychology motivational interviewing and acceptance and commitment therapy Updated practice guidelines throughout based on current clinical research More content on using MOM2 for therapist self study and in training programs and classrooms Free supplemental videos on the author's YouTube channel provide additional clinical tips and discuss issues in practicing teaching and learning CBT See also Mind Over Mood Second Edition Change How You Feel by Changing the Way You Think **Schema Therapy for Betrayal Trauma** Charlotte Casey Corrales, Have You Been Shattered by Your Partner's Betrayal There's a Path Forward And It's Not What You Think When infidelity explodes your world everyone offers the same tired advice Just forgive and move on Focus on what you did wrong Time heals all wounds But none of that addresses the deeper trauma the intrusive thoughts the hypervigilance the crushing

shame or the feeling that you're losing your mind Schema Therapy for Betrayal Trauma offers something different a clinically proven framework that addresses not just what happened but why it hurts so much more than it should and how to heal at the deepest level You're Not Crazy You're Traumatized Betrayal trauma creates symptoms similar to PTSD flashbacks to painful moments obsessive detective mode emotional mood swings and the terrifying feeling that you can't trust your own judgment This isn't weakness It's your brain responding exactly as it should to a profound violation of safety and trust This book explains the neuroscience behind your reactions and gives you specific tools to rewire the patterns keeping you stuck

**What Makes This Book Different** Unlike books that focus only on forgiveness or relationship repair this guide addresses the childhood wounds schemas that betrayal activates the deep patterns formed years ago that make current pain unbearable You'll discover The 18 early maladaptive schemas and which ones are driving your reactions to infidelity Why you blame yourself for someone else's choice and how to dismantle toxic shame The trauma loop that keeps you replaying what happened and how to break free Schema modes that explain why you swing between rage numbness and desperation Imagery rescripting techniques to heal old wounds while processing new pain Behavioral experiments that rewire your brain and build new neural pathways The trust paradox how to rebuild trust in yourself before worrying about trusting anyone else Decision frameworks for stay leave or wait that honor your healing timeline Post-traumatic growth strategies to transform suffering into wisdom and strength

**Inside This Comprehensive Recovery Guide** 10 Transformational Chapters covering The neurobiology of betrayal trauma why you feel like you're losing your mind How childhood schemas amplify current pain and how to heal both simultaneously Breaking the obsessive thought patterns and hypervigilance that control your days Schema focused healing techniques including imagery work empty chair dialogues and limited reparenting Reclaiming your worth and releasing the shame that isn't yours to carry Learning to trust your perceptions again after deception shattered your reality Understanding your emotional reactions through schema modes Making relationship decisions from clarity rather than fear or desperation Building resilience through neuroplasticity and corrective emotional experiences Creating a thriving life beyond survival discovering who you're becoming through this fire

**Plus Practical Tools** Complete schema inventory and assessment Emergency stabilization techniques for crisis moments Behavioral experiment templates Progress tracking tools Values clarification exercises Life vision planning worksheets How to find a schema therapist Partner's guide for supporting someone through betrayal trauma recovery

**This Book Is For You If You** discovered infidelity and feel like you're falling apart You're tired of advice that minimizes your pain or rushes your healing You want to understand why this hurts so deeply You're stuck in intrusive thoughts and can't move forward You blame yourself and struggle with crushing shame You don't know if you should stay or leave You're ready to do real healing work not just surface level fixes You want to emerge from this stronger not just back to normal

**Healing Is Possible You're Not Broken You're Rewiring** Betrayal trauma doesn't have to define the rest of your life With the right tools support and framework you can heal the old wounds that make current pain

unbearable You can rebuild trust in yourself You can reclaim your worth You can create a life beyond the trauma one aligned with your authentic values and deepest wisdom Your journey from shattered to whole starts here This evidence based guide combines schema therapy attachment theory trauma neuroscience and practical exercises into a complete roadmap for recovery Thousands have used these techniques to heal now it s your turn     [Repairing Attachment Injuries in Close Relationships](#) Clare Rosoman,2024-11-29 This book is an essential guide for those who have experienced an attachment injury in an important relationship and are struggling to process their hurt and betrayal or to imagine rebuilding the trust in this precious bond Dr Clare Rosoman guides readers on a path towards healing and recovery informed by attachment science and emotionally focused therapy Viewing close relationships as attachment bonds this book examines betrayal and how these painful events can create an attachment injury which redefines the relationship bond as insecure It offers strategies for healing relationships and restoring security in connection and looks at many different types of attachment injuries including those that can happen in monogamous or non monogamous relationships As Rosoman suggests relationships can emerge even stronger after being rocked by broken trust This book is a vital resource for therapists looking to facilitate healing and growth in their clients in individual couple or family therapy as well as for individuals seeking an encouraging self help resource     *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     **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     Recovering Intimacy in Love Relationships Jon Carlson, Len Sperry, 2011-01-11 The loss of intimacy is one of the most difficult but also one of the most common factors in the destruction of any relationship Recovering Intimacy in Love Relationships lays out practical evidence based guidelines on which clinicians can depend as they wade through the intense emotions and fragile bonds of couples in crisis With care and sensitivity the book s authors analyze the increasingly complex context in which the cycle of intimacy develops wanes and recovers The chapters delve into diverse populations attitudes toward intimacy and provide an entire section on cultural gender and religious issues Clinicians looking for a research based practical take on the many facets of

intimacy in the twenty first century need look no further than this book      **Breaking Negative Relationship Patterns**

Bruce A. Stevens,Eckhard Roediger,2016-10-13 Schema Therapy ST was developed to treat patients with complex disorders especially personality disorders with a powerful new set of interventions Personality disorders as well as more general problems stemming from early experience and addressed by schema therapy are a key factor in many disturbed relationships and as a result ST is now increasingly used for couples work By dealing effectively with the past ST offers a unique way to approach and address present difficulties in relationships Couples who understand their individual patterns of thinking and behavior tend to find that their relationships make much more sense Breaking Negative Relationship Patterns is a readable practical resource containing a wealth of self help exercises that schema therapists can recommend or give to their patients It is the ideal resource for couples undergoing schema therapy and can also serve as an accessible self help guide for those experiencing relationship difficulties The authors offer a complete ST based model for understanding complex personal problems along with couple specific adaptations of core ST interventions such as limited reparenting imagery re scripting and behavioral pattern breaking      **The Art of Sex Therapy Supervision** James C. Wadley,Richard Siegel,2018-08-06

Winner of the 2019 AASECT Professional Book Award The Art of Sex Therapy Supervision is a collection of scholarly writings and case narratives that sheds light on issues that sex therapists face as supervisors or supervisees and provides techniques that can be adapted to fit clients specific needs Written by experts in a range of fields this book covers a wide range of perspectives and methodologies for assisting diverse populations including conservative Christians LGBTQ clients and those who exhibit out of control sexual behavior It addresses individual relational and systemic engagement in the context of sexual function dysfunction and it also discusses obstructions clinicians can face when providing critical feedback to clients This book will be useful for aspiring supervisors as well as those who supervise clinicians seeking licensure or certification

*Clinical Management of Sex Addiction* Patrick J. Carnes,Kenneth M. Adams,2019-11-28 Clinical Management of Sex Addiction s newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field It additionally provides new chapters on emerging areas of interest including partner counseling trauma and sexual addiction and adolescent sex addiction With a focus on special populations the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior Readable concise and filled with useful interventions it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction      *Emotionally Focused Couple Therapy with Trauma Survivors* Susan M. Johnson,2011-11-03 This book provides a theoretical framework and a practical model of intervention for distressed couples whose relationships are affected by the echoes of trauma Combining

attachment theory trauma research and emotionally focused therapeutic techniques Susan M Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive healing relationships among survivors and their partners In depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma including childhood abuse serious illness and combat experiences The concluding chapter features valuable advice on therapist self care

Handbook for Human Sexuality Counseling Angela M. Schubert, Mark Pope, 2022-09-20 Sexuality is a significant part of the human experience yet it is often a neglected topic in both counselor training and the counseling process In this preeminent guide expert clinicians with a variety of mental health and medical backgrounds write on diverse issues related to sexuality through a radical acceptance lens Each chapter illustrates an affirmative and expansive approach to sexuality that considers clients' sexual and cultural identities and emphasizes sexual wellness Students and professionals alike will learn how to respectfully and ethically approach sexuality considerations not commonly mentioned in the professional literature such as sexuality and disability healing after sexual violence older adult sexuality the impact of chronic illness on sexual expression and paraphilias The text is organized around eight comprehensive parts Foundations Physiological and Psychological Attraction Orientation and Gender Sexual Wellness Sexual Agency Approaches to Sexual Divergence Relationships and Education with case examples Questions You Always Wanted to Ask and additional resources interwoven throughout

*Sync Your Relationship, Save Your Marriage* Peter Fraenkel, Ph.D., 2011-03-15 Award winning couples therapist Peter Fraenkel argues that most relationship problems can be traced to partners being out of sync on the powerful but mostly hidden dimension of time Differences in daily rhythms personal pace punctuality time perspective and priorities about how time is allocated can all lead to couple conflict Yet the fascinating fact is that these polarizing time differences play a potent role in attracting lovers in the first place In this trailblazing new book he draws on his original research to show how a clearer understanding of these forces can improve the health of your relationship and even rescue a failing one

**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 popular psychology this newly revised and updated edition of *After the Affair* is essential reading

*Before You Split* Toni Nieuwhof, 2021-01-12 A former divorce attorney lays out the hidden benefits of staying together

whether you're frustrated with your marriage on the brink of giving up completely or simply want to strengthen your relationship to withstand the inevitable hard times Toni Nieuwhof is the guide you've been waiting for Deeply wise genuinely empathetic and uncommonly insightful Toni is a fresh voice with tried and true experience that offers a proven roadmap Ann Voskamp New York Times bestselling author of *The Broken Way* and *One Thousand Gifts* If you've ever wanted to say I can't do this anymore out of frustration with your marriage you're definitely not alone In this practical and insightful guide former divorce attorney Toni Nieuwhof shows that even if you feel disconnected or stuck in your troubled marriage and worry about its impact on your kids there is a way forward Before You Split helps you find what you really want from your marriage and how to move forward to a better future by seeing yourself and your spouse more clearly dealing with unrealistic expectations empowering you with constructive ways to respond to difficult emotions engaging the power of forgiveness increasing your peacemaking skills advancing your journey of personal growth Even if it feels like it's over it's not too late Change takes place one step at a time Before You Split will help you make choices with your eyes wide open [Exploring Desire and Intimacy](#) Gina Ogden, 2016-09-13 This integrative book is like having a wise supervisor in the room with you Stop fixing your clients engage them in their own healing through the Four Dimensional Wheel of Sexual Experience Gina Ogden guides you in helping your clients explore the full range of their sexual issues and challenges including couple communication erectile dysfunction vaginismus low desire affairs trauma religious proscriptions pornography use and more Part I offers strategies that correspond to the core knowledge areas required for certification as a sexuality professional while Part II puts these innovative approaches into action through following five case examples from seasoned practitioners The numerous user friendly elements such as quizzes worksheets and hot tips will help you see the larger picture of an issue become fluent with a diversity of sexual identities and behaviors and expand your ability to offer safe ethical evidence based therapy

**Schema Therapy with Couples** Chiara Simeone-DiFrancesco, Eckhard Roediger, Bruce A. Stevens, 2015-07-20 Schema Therapy for Couples represents the first practitioner guide to detail effective Schema Therapy techniques in couple and relationship therapy Shows how the distinctive features of ST make it ideal for addressing the cognitive and emotion focused problems typical in couple relationships Presents and integrates a series of innovative tools and interventions such as Schema Therapy with Needs versus Wants Mode Cycle Clash Cards limited re-parenting visualization and chair work Authored by an international team of experts in couples therapy and Schema Therapy

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### **Introduction**

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