

Dear Reader,

I am glad you liked my book and are looking for a good counselor. Just so you know, I am retiring from my counseling practice by October 1, 2021, in order to write another book or two. However, I do know of some great potential resources for you to look into.

One of the best ways to find a like-minded therapist is through the Beyond Affairs website. It formerly belonged to Peggy Vaughn, who she transferred it over to Ann Bercht before she passed away. Ann keeps a resource list of therapists **who specialize in infidelity**. The therapists listed are likely to use many of the same approaches that I do. Here is the link:

<http://beyondaffairsnetwork.com/find-affair-recovery-therapist/>

You can also search for local therapists through Psychology Today and read their profiles, and look for one who lists “infidelity” or “sex addiction” as one of their specialties. <http://therapists.psychologytoday.com/rms/>

Clinical Members of AAMFT have a lot of good training for working with couples and families. You can find a member of AAMFT through Therapist Locator on the AAMFT website: <http://www.therapistlocator.net/>

Also, the most clinically verified effective approach to treating couples is a somewhat new type of therapy known as **Emotionally Focused Therapy (known as EFT)** would likely have the skills to help **couples** repair from the resulting ruptures to their bond. If what you need includes some good couples’ work (but not recommended if the straying partner is still involved with an outside lover), I would highly recommend trying to find a therapist who is certified in “EFT”.

However, for any of the above therapists, I recommend you run them through a series of questions.

Among the questions to ask: Have you read Dr. Shirley Glass' book, *Not "Just Friends"* or Dr. Janis Spring's book, *After the Affair*, or Dr. Frank Pitman's book, *Private Lies*? Are you familiar with *How to Help Your Spouse Heal from Your Affair* by Linda J. MacDonald? Or, *Affairs, and other publications* by Emily Brown? Or, *Torn Assunder* (faith-based) by Dave Carder? Do you do couples work that includes exploring family-of-origin issues and/or attachment issues and restoring trust? Do you have special training in treating trauma (especially helpful

for the betrayed spouse)? It is also a good sign if the counselor is familiar with the writings of Patrick Carnes, the foremost sex addiction expert in the country.

If the therapist is not familiar with any or most of the books/authors listed above, you will likely not find a therapist who has the same approach as I do.

[Also, there are other forms of infidelity besides the classic “affair,” including various forms of sex addiction (regular use of pornography, seeing prostitutes, serial affairs, pedophilia, etc.) A person who engages in (or has engaged in) sexual acting out that has a compulsive component to it, falls into this category.

There are therapists who have special training to assess and help such individuals. The most professionally respected and recognized is Patrick Carnes’ school, the International Institute for Trauma and Addiction, known as “iitap.” Therapists who attend all levels of training are known as a Certified Sex Addiction Therapist, and receive the CSAT credential they can put after their name. To find a CSAT trained therapist in your locale, search on the following link:

<http://www.iitap.com/promote-your-services/sex-therapist-directory>]

If you would be interested in attending an Intensive for sex or love addiction, I recommend The Meadows rehabilitation center. Their link for sex addiction treatment is: <https://www.themeadows.com/conditions-we-treat/sexual-addiction>
And their link for treating love addiction is:

<https://www.themeadows.com/conditions-we-treat/love-addiction>

A couple of options for those looking for a Christian counselor, are: the therapist referral line at Focus on the Family (1-719-531-3400 or 1-800-232-6459). They have a referral network for people looking for a Christian counselor. Again, I would still ask the questions I listed above and ask their familiarity with the above listed books.

There is a new resource for those who need to just talk with an experienced volunteer about your struggles recovering from infidelity – for the betrayed. Here is the link to find peer support:

www.infidelitycounselingnetwork.org

You might also want to check out other resources such as support groups, workshops, blogs and marriage intensives on my Resources page on my web site:

<https://www.lindajmacdonald.com/Resources>

Some of these resources include distance therapy or Intensives that may require flying in from a distance. Or, only available via Video Conference. You just need to look them over to see what all they have to offer.

I hope this information helps you find the help you need. Wishing you success in your search!

~Linda