

ONLINE SUPPORT GROUPS FOR PARTNERS

Affair Recovery Center. Help for individuals and couples struggling with infidelity, founded by Rick Reynolds. Help for betrayer and the betrayed. Many free and paid-for resources, videos, etc. Plus confidential online support groups, assessments: www.affairrecovery.com

Affair Recovery. Program specifically for betrayed spouses:
<https://www.affairrecovery.com/product/harboring-hope>

Be Broken. A Christian ministry to couples and individuals wounded by a partner's sexual brokenness. They offer workshops, online resources, professional training, lists of counselors, articles. Wives Care Groups:
<https://2.bebroken.com/wives-care-groups.html>

Authentic Hope. Michelle Mays. Treats both betrayed spouses and couples. She uses Attachment-Focused and Trauma-Focused therapies. Excellent.
<https://michellemays.com/>
<https://michellemays.com/understanding-betrayal-trauma/>

Betrayal Trauma Recovery. Anne Blythe and coaches, faith sensitive, variety of coaching plans (group, individual). <https://www.btr.org>

Betrayal Trauma Therapists. These therapists are trained to specifically work with partners of sex addicts. You can likely find a trained specialist in your geographic area. <https://apsats.org/pages/find-a-specialist>

Betrayal Trauma Therapy Groups. Dr. Jill Manning. Betrayal trauma expert.
<https://drjillmanning.com/group-therapy/>

Bloom for Women. Free Classes with help for betrayal trauma. Core faculty leader, Kevin Skinner, PhD., C-SAT-Supervisor. <https://bloomforwomen.com/freecourses/>

BraveOne. Dr. Sheri Keffer's ministry. Christian. Retreats, intensives, and resources for betrayed women. <https://www.braveone.com/>

Brave Warriors/Facing Heartbreak. Karen Crawford. Support groups & coaching. Faith based. <https://restoringheartconference.org/brave-warriors/> ;
<https://www.restoredheartcoaching.com/services>

Healing Talks Back. Rae Gaelyn Emerson, coach, APSATS supervisor. Runs groups for betrayed and divorced or separated women. Zoom. Affordable.
<https://healingtalksback.com/aftermath/>

Hope After Betrayal. Kristy Rodrigue, executive director. Offers support groups for betrayed spouses. Christian.

<https://hopeafterbetrayal.com/hope-and-healing-groups/>

Helping Her Rise. With Jennifer Davis. Christian. Professional coach. Runs group support for betrayed women. Reasonable prices. Understands trauma.

<https://www.helpingherrise.com/work-with-me>

Hope For Spouses. A Christian website with a wealth of information for betrayed spouses. <https://hopeforspouses.com/>

Hope Redefined Groups. Group support for Christians dealing with a partner's sex addiction. <https://hoperedefined.org/online-groups/>

Living Truth podcast. Kristin & Michael, faith-sensitive.

<https://living-truth.org/>

Live Free Wives. Hosts groups and has a variety of coaches; scroll down on site to view. Faith-based. <https://livefreewives.org/about-us/>

Living in the Light. Debbie Ferree. Hosts groups for betrayed spouses. Safe for Christians. <https://www.livinginthelight.info/>

Married and Alone. Support group for Partners. Michelle Northam is a therapist, coach and believer. All staff at Intensive Hope are skilled therapists and coaches.

<https://intensivehope.com/pages/services/groups.html#womens-groups>

Prodigals International. Partners in Process 12 step group Christian.

<https://prodigalsinternational.org/help-for-spouses/find-a-group>

<https://prodigalsinternational.org/partners-in-process-support-network/>

Reclaimed Ministry. For Spouses of Sex Addicts and the Unfaithful, Christian.

<https://reclaimedministry.com/>

Private Facebook Group for Spouses:

<https://www.facebook.com/groups/reclaimedministry>

Recovered Peace. Guided by Pam Blizzard, a believer and trauma-informed coach. Best for spouses of sex addicts.

<https://recoveredpeace.com/clarity-and-peace-with-boundaries/>

RecoverU. Kylene Terhune guides partners of sex addicts. Christian wives.

<https://recoverucoaching.com/whats-next-course>

Take Back Your Life. Anne Bercht. Weekend workshops for spouses. Anne is a believer but sensitive to all faiths.

<https://www.beyondaffairs.com/offerings/take-your-life-back>

The Sarah Society. Sisterhood of Healing Hearts. Peer Support for Christian women.

<https://sarahsociety.com/>

Therapy: Betrayal Trauma Recovery Center. Bellevue, WA: Counseling, intensives, retreats, podcasts for partners of sex addicts, couples, neurodivergent struggles, and help for many kinds of trauma. Dr. Connie, Dr. Jessica, and Elizabeth.

<https://thebtrc.com/therapy-services/>

My Favorite Instagram posts and reels:

<https://instagram.com/hopeafterbetrayal>

<https://instagram.com/drjillmanning>

<https://instagram.com/gloryfromyourstory>