

INFIDELITY RESOURCES FOR PROFESSIONALS

Podcast featuring Dr. Minwalla interview:

<https://www.btr.org/secret-sexual-basement/>

Outstanding information. The Transcript is also valuable.

Information on Deceptive Sexuality – Outstanding articles, podcasts, and training for therapists, based on Minwalla's model.

<https://minwallamodel.com/resource-library/>

Podcasts hosted by Dr. Omar Minwalla: <https://minwallamodel.com/podcasts/>

Patterns of Infidelity and Their Treatment by Emily Brown (excellent, theoretical for Systems-trained therapists).

<https://www.amazon.com/Patterns-Infidelity-Their-Treatment-Emily/dp/1583913696/>

NOT "Just Friends," by Shirley Glass (Good for both therapists and clients, but a bit long for clients; her approach is my favorite for affair recovery.)

<https://www.amazon.com/Not-Just-Friends-Rebuilding-Recovering/dp/0743225503>

The Post-Traumatic Stress Disorder Sourcebook – by Dr. Glenn Schiraldi

<https://www.amazon.com/Post-Traumatic-Disorder-Sourcebook-Revised-Expanded/dp/0071840591/>

Blind to Betrayal – Jennifer Freyd (relates to any kind of abusive, close relationship betrayal)

<https://www.amazon.com/Blind-Betrayal-Ourselfs-Arent-Fooled/dp/0470604409>

Helping Couples Get Past the Affair, by Baucom, Snyder & Gordon. (Very clinical but good).

<https://www.amazon.com/Helping-Couples-Get-Past-Affair/dp/1609182391>

Handbook of the Clinical Treatment of Infidelity, Piercy, Hertlein, Wetchler, Editors. (2005). Haworth Press. (If you only wish to read ONE book on helping couples cope with infidelity, this volume contains chapters written by respected clinicians, useful for therapists.)

<https://www.amazon.com/Handbook-Clinical-Treatment-Infidelity-Katherine/dp/0789029952/>

***The Body Knew First: A Nervous-System Guide to Steadying Yourself After Betrayal Trauma*, (2026).** by Teresa Zuvela Helpful book for therapists and clients on how trauma affects a betrayed spouse's nervous system and manifests through their body. One of the best books to give to a person who has recently discovered a partner's romantic or sexual betrayal.

<https://a.co/d/041UJKjt>

***Unbroken: The Trauma Response is Never Wrong*.** (2023). Mary Catherine McDonald, PhD. One of the best books to explain trauma and coping strategies in easy-to-understand terms. Good for clinicians and clients alike.

<https://www.amazon.com/Unbroken-Trauma-Response-Never-Things/dp/1683648846/>

Intimate Deception, Sheri Keffer, Ph.D. author, speaker, featured on "New Life Today," a Christian self-help radio show by a group of psychologists. I include it here as she covers the neurobiology of trauma so well. She explains with relatable metaphors, although still a bit technical for the average reader. A wealth of information, especially for spouses of sex addicts.

<https://www.amazon.com/Intimate-Deception-Dr-Sheri-Keffer/dp/0800735056>

ONLINE SUPPORT for PROFESSIONALS:

Free online drop-in group for professionals who are also betrayed spouses who need to find a safe space to process their own betrayal without fear of running into a client.

<https://sexandrelationshiphealing.com/your-own-sexual-behavior/weekly-webinars/professionals-betrayed-partner-group-for-women/>

Resources for Professionals by Rae Gaelyn Emerson. Classes, support groups, training, personal coaching, case or topic consultation for all things related to betrayal, sex addiction, and divorce (personal help for yourself or to better serve clients): <https://healingtalksback.com/professionals/>