

## INFIDELITY RESOURCES FOR PROFESSIONALS

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Podcast featuring Dr. Minwalla interview: <https://www.btr.org/secret-sexual-basement/>

Outstanding information. The Transcript is also valuable.

**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.)

<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/>

**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:**

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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/>