

## **ONLINE SUPPORT GROUPS FOR PARTNERS**

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**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](http://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/>

**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/>

**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>