

## Support Groups for Betrayed Spouses:

**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. Especially helpful for individuals/couples coping with sex addiction.

<https://2.bebroken.com/> **1-800-497-8748.**

Wives Care Groups: <https://2.bebroken.com/wives-care-groups.html>

**Authentic Hope.** <https://michellemays.com/> She treats both betrayed spouses and couples. She uses Attachment-Focused and Trauma-Focused therapies. Excellent.

<https://michellemays.com/understanding-betrayal-trauma/>

**Betrayal Trauma Recovery** – by Anne Blythe and coaches, faith sensitive, variety of coaching plans (group, individual). Email: [support@btr.org](mailto:support@btr.org)

<https://www.btr.org>

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

**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**– support groups; coaching – Karen Crawford

<https://restoringheartconference.org/brave-warriors/>

**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 podcasts:** 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/>

**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/>

<https://www.youtube.com/channel/UCmw8anJvJ13HZLr-mMce3sw>

Private Facebook Group for Spouses: <https://www.facebook.com/groups/reclaimedministry>

**The Sarah Society – Sisterhood of Healing Hearts.** 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 **425-616-1261**

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

**Choose Recovery Services.** Faith-sensitive, incl. Christian and LDS. Well-trained.

<https://www.chooserecoveryservices.com/betrayal-trauma/> For betrayed spouses.

Courses: <https://www.chooserecoveryservices.com/>

Blog: <https://www.chooserecoveryservices.com/blog/>

Courses: <https://www.chooserecoveryservices.com/services/>

Contact Choose Recovery: (702) 277-9145 [info@chooserecoveryservices.com](mailto:info@chooserecoveryservices.com)

**One Safe Space:** A retreat center for women in betrayal trauma recovery. Run by Kimberly Day.

<https://www.onesafespace.com/> Faith-sensitive (Christian and LDS)