

ONLINE RESOURCES FOR HEALING AFTER INFIDELITY AND/OR SEX ADDICTION

This list was up to date as of 2024. In the PDF version, simply left-click on the link, which should take you to the site. Listed in alphabetical order. Please note that this list includes a variety of traditional Christian, secular, and LDS resources (at the end).

AffairHealing.com – A terrific website full of great articles, podcasts, and resources for many years’ experience helping people recover after infidelity. Tim Tedder, a believer and licensed mental health counselor with many years’ experience, hosts this website:

<https://www.affairhealing.com/> Free podcasts: <https://www.affairhealing.com/podcast.html>

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
Free videos: <https://www.youtube.com/channel/UCeNeINV1yWUhjo1xCjz099Q/videos>

Affair Recovery’s “Emergency Marriage Seminar.” I highly recommend the 13-week EMS program, (can be paid for in three installments) <https://www.affairrecovery.com/product/ems-online> Be sure to continue on to the 52 week follow- up program called “Married for Life” where they go into depth re: attachment repair, boundaries in marriage, etc. is esp. worth the time.

Authentic Hope – Clinical Director, Michelle Mays. Terrific blogs, coaching, groups. For both sex addicts and betrayed partners. <https://michellemays.com/>

Authentic Intimacy – A ministry to women, men, couples to shine light into the dark places of shame and sexual brokenness, reclaiming God’s design for sexuality. Podcasts, bible studies, and conferences. Founders are Dr. Juli Slattery and Linda Dillow. info@authenticintimacy.com
<https://www.authenticintimacy.com/>

Bare Marriage – Sheila Wray Gregoire’s site. Chock full of resources: books, blogs, and articles to help marriages find more healthy sexuality. Christian based.
<https://baremarriage.com/need-help-with-your-marriage-or-sex-life-start-here/>

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/> Also, for spouses: www.WivesCare.com, 1-800-497-8748.
Wives Care Groups: <https://2.bebroken.com/wives-care-groups.html>

Betrayal Trauma Recovery – Therapists, coaches for women dealing with various kinds of betrayal trauma. Counseling, resources, support groups and podcasts available. Anne Blythe.
<https://www.btr.org/about>, <https://www.btr.org/>
Podcasts: <https://podcasts.apple.com/us/podcast/betrayal-trauma-recovery/id1118969643>

Beyond Affairs – Brian & Anne Bercht host this well-rounded website for recovering from affairs. While they are personally Christians, they reach out to the general public. Support groups, coaching, information: www.beyondaffairsnetwork.com

Beyond Affairs Therapist locator – A national directory for anyone looking for a counselor who specializes in treating infidelity, for couples or individuals:

<https://www.beyondaffairsnetwork.com/find-affair-recovery-therapist>

Beyond-Enough.com/beyondbetrayal Program for betrayed spouses.

<https://www.beyond-enough.com/beyondbetrayal>

The Betrayed, The Addicted, The Expert: Podcasts. Videos. Resources.

<https://www.betrayedaddictedexpert.com/> Ashlynn & Coby Mitchell & Brannon.

Help for sex addicts and their spouses.

Bravehearts.org. Faith-based help for folks dealing with pornography addiction and betrayal trauma. Founder & CEO is Michael Leahy. They offer Summits, videos, classes. Mentorship training. Resources for individuals, couples, groups. <https://www.bravehearts.org/home>

BravingHope.com A website for both betrayed and sexually addicted spouses. Michelle Mays, Certified Sex Addiction Therapist and Supervisor has wonderful blogs, groups, and coaching help. Her video channel is filled with healing wisdom.

<https://www.youtube.com/c/MichelleMaysChannel/videos>

Break Free from the Affair. by Bob Huizenga, D.Min, LMFT, CSW.

Blogs, Coaching. Expert Help. <https://www.break-free-from-the-affair.com/>

Ph: 231-760-5719

Celebrate Recovery. For recovery from a variety of addictions, hurts, hang-ups. 12 step program based on the Beatitudes. Check here to find a group in your area:

www.celebraterecovery.com

Center for Peace. Recovery geared for the unfaithful and then as a couple. “Our first priority is making sure a husband is emotionally, psychologically, and sexually safe for his wife.”.

<https://cenfp.org/> email: joi@cenfp.org

The Center for Online Addiction: www.netaddiction.com

Center for Relational Recovery. <https://www.relationalrecovery.com/brave-hope/>

Counseling center for betrayed spouses, overseen by Michelle Mays, LPC, CSAT-S.

Christian Counsel Clinics – Therapist Rob Jackson offers a variety of venues for helping adolescents and adults with struggles related to sex addiction. Phone consults, seminars, church ministry, & intensive out-patient treatment: www.christiancounsel.com/Recovery

Christian Network Forum for Sexual Health: A clearing house of resources (mostly in the Pacific Northwest), including conferences, therapists, and churches supporting recovery for those struggling with sex addiction and their partners. www.christiannetworkforum.org

Couples Academy. A Christian website, podcasts, retreat center for couples looking for help after an affair. Atlanta, GA. 678-200-8996. https://www.couplesacademy.org/?r_done=1

David H. Wever Coaching. David is an Infidelity Recovery and Trauma Therapist who does counseling in the state of California, and distance Coaching for folks in other states. He has excellent training and experience. His website offers free videos so you can get a taste of the flavor of his approach. He also offers 4 hour Trauma Intensives. (916) 934-9970

<https://davidwever.com/about-david/>

Daring Ventures, with Dr. Jake Porter: Some free resources, more info with a modest subscription. Webinars, etc. on betrayal trauma, sex addiction, triggers, recovery, intimacy issues, help for spouses and couples. <https://go.daringventuresathome.com/home> 15% off Code: JAKESLIST <https://www.daringventures.com/sexaddiction/>
Free videos: <https://www.youtube.com/c/JacobPorter1>

Divorce Busting – Secular. Michelle Weiner-Davis’ website, helping couples on the brink avoid infidelity or those who’ve been impacted by it.

Emotional Affair Journey – Doug and Linda are experienced leaders in the affair recovery movement. Highly recommend getting on their newsletter email list. They have many free resources, articles, a newsletter, blog, and reasonably priced programs that are very helpful for either one or both partners after a physical or emotional affair: <https://www.emotionalaffair.org/>

Extra-Marital Affairs Resource Center, the recent Peggy Vaughn’s site. Secular. Many articles, resources for persons impacted by a spouse’s affair Also, place to locate small support groups for the betrayed, Beyond Affairs Network: www.DearPeggy.com

Faithful and True Ministries – ministry of Debbie Laaser and the late Dr. Mark Laaser. Geared for recovery from compulsive sex, affairs, as well as spousal recovery:
www.faithfulandtrueministries.com

Fight the New Drug – Resource about the negative impact of pornography on the brain, yourself, your relationship, the world. <https://fightthenewdrug.org/get-the-facts/>

Fight for Love Ministries – Podcasts hosted by Rosie Makinney, author of Fight for Love. Podcasts, Resources, and help for sex addicts and partners alike. Faith-based.
<https://fightforloveministries.org/podcast/>
<https://fightforloveministries.org/about/>

Healing Broken Trust – Classes, podcasts, webinars, coaching by infidelity expert, Brad and his wife Morgan Robinson. A few free resources and some very reasonably priced programs. Brad has a Tedx talk on what makes love last that has been viewed thousands of times.
<https://healingbrokentrust.com/learnmore>

Healing Infidelity Website. Faith-based, Christian. This website offers help for couples who are seeking healing from infidelity and want to learn from other successful or struggling couples. The authors, Rick and Lanita Copple, have written a book about their journey from betrayal to mending. Their website offers numerous useful resources.
Website: <https://www.healinginfidelity.com/index.php>
Blog: <http://www.healinginfidelity.com/index.php?currdir=01Blog>

Healing With Worth – podcasts geared for women seeking healing from Betrayal Trauma.
<https://podcasts.apple.com/us/podcast/healing-with-worth/id1482805011>

Heart to Heart Counseling Center – Doug Weiss’ website with many resources for individuals and couples struggling with pornography use or any kind of sexual betrayal. Based in Colorado Springs. <https://www.drdougweiss.com/>

Helping Couples Heal – Clinical Director, Marnie Breecker. A wealth of programs and resources to help couples heal from any kind of infidelity or compulsive sexual behavior. Has terrific podcasts, too. <https://helpingcouplesheal.com/>

Hope Restored – A marriage intensive ministry of Focus on the Family. Expensive, but includes meals, lodging, and a plan for aftercare. <https://hoperestored.focusonthefamily.com/>

How to Survive an Affair – A program for both betrayer and betrayed. Individually and together. Includes some faith-based approaches. Good material. Dr. Rank Gunzberg. \$99— But worth it. <https://survivemyaffair.com/>

International Institute for Trauma and Addiction Professionals (iitap)— Find a therapist near you who has been through rigorous training for professionals treating sex addiction and those traumatized by it. Established by Patrick Carnes: www.iitap.org

Infidelity Recovery –“It’s OK to Stay” program. A structured program for couples desiring to save their marriages after an affair. Designed by a marriage and family therapist with a team of infidelity recovery experts. <https://infidelityrecovery.iditsharoni.com/>
<https://infidelityrecovery.iditsharoni.com/#/>

Journey to Healing and Joy – Marsha Mean’s website for spouses traumatized by a partner’s or former spouse’s sex addiction. Coaching, online consulting and counseling available: <http://www.journeytohealingandjoy.com/>

Living Truth Podcast – podcasts about unwanted sexual brokenness for the sex addict and betrayed spouse. (Kristin and Michael Carey are certified Christian Sex Addiction Specialists through C-SASI) They and their team interview experts in the field of recovery. Useful and free. <https://living-truth.org/podcast/>

Marriage Builders: Willard Harley’s Website with *loads* of useful articles for marriage enhancement and infidelity recovery: www.marriagebuilders.com

Marriage Fitness, Inc.: Mort Fertel, a well-known expert on the psychology of relationships offers free articles and newsletters, as well as reasonably priced audio and tele-conference programs for help recovering from infidelity, right in your own home, via your computer or telephone: <https://marriagemax.com/>

Marriage Helper: Workshops, classes, resources, for rekindling after an affair, founded by Joe Beam and now followed up by his son. <https://marriagehelper.com/>

Marriage saving ministry program: For couples who have fallen out of love or have serious difficulties. Offers courses, retreats, podcasts, & blogs, www.savemymarriage.com

Marriage SOS: An educational site by attorney, couples-mediator, and infidelity specialist Debra MacLeod. She is clear-minded and offers practical articles and online classes that can supplement therapy with valuable information that cuts to the chase for betrayed spouses. <https://debramacleod.com/>

New Hope Now – An online resource with many great articles on a variety of topics. Mostly from a Christian point of view: www.newhopenow.org.

New Life Partners – A Christian online resource for women impacted by a loved one's sex addiction and/or pornography use: www.newlifepartners.org

Perspectives of Troy – a reputable counseling center located in several cities in Michigan, with a number of therapists who understand infidelity and sex addiction.
<https://www.perspectivesoftroy.com/>

Prodigals International – a 12 step recovery program for those struggling with sex addiction and/or pornography compulsivity: www.prodigalsonline.org

Pure Desire – Dr. Ted & Diane Roberts' site for invaluable resources for couples and individuals impacted by sex addiction. Seminars, support groups. Workbooks. Videos such as The Conqueror Series. Faith-based help: www.puredesire.org

PureHOPE – help for the entire family touched by sexual addiction, trauma, and the trap of pornography addiction. Resources for protecting your computer available: www.purehope.net

Pure Intimacy – Ministry for those struggling with or affected by sexual brokenness, sponsored by Focus on the Family: www.pureintimacy.org

Pure Life Alliance – Portland area resources for churches and individuals looking for help and answers regarding sexual addiction, affair recovery. Especially helpful to click on the "Counselors" tab to find Portland counselors trained in various sex addictions/problems. You can network to the national network from here, too: www.purelifealliance.org

Pure Life Ministries – ministry for those impacted by sexual sin, headed by Steve & Kathy Gallagher: www.purelifeministries.org

Reclaimed Ministry – With Stephanie Boersma. Help and support for Christian women who've experienced spousal infidelity.
<https://reclaimedministry.com/>

Recovered Peace – Faith-based help for partners of sex addicts. Many resources, mostly around recovery from partner betrayal.. <https://recoveredpeace.com/>

Redeeming Love – Karen Rellos. https://redeeming-love.com/videos_podcasts/

Restored & Remarried – Gil and Brenda Stuart about navigating a new marriage after being betrayed in a former one. Seminars, coaching, Faith-based resources for stepfamilies.
hello@gilandbrenda.com; Phone: 360-904-2117

Restored2More – Clinton and Charity Munoz began a podcast ministry 3 years ago for hurting couples recovering from Infidelity and sex addiction. Believers. Well connected with other ministries. May especially appeal to younger couples:
Website: <https://restored2more.com/> email: cmunoz@restored2more.com

Retrouvaille – Originally a Catholic Retreat for couples in crisis, but inclusive of all faiths; an outgrowth of Marriage Encounter, to deal with more serious marital challenges:
<https://www.helpourmarriage.org/>

Seeking Integrity. Robert Weiss and Team, helping sex addicts and their spouses.
website: <https://seekingintegrity.com>

Sex and Relationship Healing: For couples, individuals, porn addicts, partners.
<https://sexandrelationshiphealing.com/>

Sex and Relationship Healing Free Resources:
<https://sexandrelationshiphealing.com/your-own-sexual-behavior/weekly-webinars/>

Sex, God, and Chaos. Podcasts by Roane and Eva Hunter. Mostly related to sex addiction and betrayal recovery. <https://podcasts.apple.com/us/podcast/sex-god-chaos/id1620577450>

Surviving Infidelity – website with resources, articles, and a forum for folks to share their feelings and thoughts in writing. Helpful for folks in a variety of situations: betrayed spouses, recent discovery, separated, working on reconciling, divorce. <https://survivinginfidelity.com/>

Tuff Stuff Ministries –Resources and videos for Christians seeking wholeness after intimate betrayal or addiction. Led by Drs. Earl and Sandy Wilson, authors, seminar leaders:
tuffstuffministries.com

Undone / Redone. A ministry of a couple who divorced after pornography addiction came between them, and how they restored their marriage. <https://undoneredone.com/>
Podcasts: <https://undoneredone.libsyn.com/>

Wifeboat – Online ministry for wives of sex addicts/unfaithful spouses, by Rene Dallas. Speaker, blogger, Bible teacher, and wife of Joe Dallas (author, former sex addict, including homosexual behaviors). www.wifeboat.com

Helping Couples Heal. Many Resources for sex addicts and their partners. Respects both faith and LGBTQ+ issues. <https://helpingcouplesheal.com/>

LDS RESOURCES (next page):

Although I personally ascribe to a “traditional” Christian / Protestant worldview, I have been very impressed with the resources made available by many Latter-Day Saint professionals. I haven’t found anything in their counseling materials that seem controversial. In fact, I have benefited greatly from their podcasts, writings, and resources. They appear to be respectful and capable of working with people of all faiths. I appreciate the way they create space for the spiritual dimension in an individual or a couple’s recovery from infidelity. These counselors and coaches might not overtly disclose they are LDS because they primarily want to help *anyone* who is seeking recovery. But I include them here as an added source of comfort for those who feel most comfortable seeking a skilled LDS professional.

Amie Woolsey: Resources for betrayed partners. Lots of great material on trauma, divorce, empowerment, podcasts, guides, courses, and coaching. <https://www.AmieWoolsey.com>
<https://amiewoolsey.com/amie-woolsey-podcasts>

Anne Blythe with Betrayal Trauma Recovery (BTR.org): Anne works to empower and bring healing to betrayed partners, whether still married or not. Their podcasts are excellent.
<https://www.btr.org/>
<https://www.btr.org/podcast/>

Becky Ruff with Resilient Light Counseling: She is well-trained and licensed in Washington and Idaho to help betrayed spouses. She specializes in trauma-informed therapy.
<https://resilientlightcounseling.com/>

Bloom for Women. An online resource & intensives for betrayed women. Many classes, groups, therapists who are certified in Betrayal Trauma Therapy. Overseen by Dr. Kevin Skinner.
<https://bloomforwomen.com/about-coaching/>
Free courses: <https://bloomforwomen.com/courses/>

Dr. Jill Manning: Very insightful and experienced. A frequent guest of therapy podcasts. “For over two decades, Dr. Manning has been a reliable resource and researcher in the field of sexual betrayal, compulsive sexual behavior, and issues related to the impact of Internet pornography on marriages and families” (from her website). She is most known for her work with betrayed, traumatized spouses and families.
<https://drjillmanning.com>

Dr. Kevin Skinner: Outstanding therapist and researcher with a lot of experience working with couples and individuals impacted by compulsive sexual behavior. He runs a clinic and is a professor for IITAP (International Institute for Trauma and Addiction Professionals). He’s written several books and is a favored guest on therapeutic podcasts.
<https://www.drkevinskinner.com/>

Kimberly Day: Experienced coach for betrayed spouses. Runs groups, has a retreat center in Olympia, WA. <https://onesafespace.com>

[This is not an exhaustive list. But any of the above professionals would know of others who might be a good fit for your situation.]