

Dear Reader,

I am glad you liked my book and are looking for a good counselor. Just so you know, I have retired from my counseling practice to write another book. However, I do know of some great potential resources for you to look into.

One of the best ways to find a like-minded therapist is through the **Beyond Affairs** website. It formerly belonged to Peggy Vaughn, but she transferred it over to Anne Bercht. Anne keeps a resource list of therapists **who specialize in infidelity**. The therapists listed are likely to use many of the same approaches that I do. Here is the link:

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

Anne and Brian Bercht also offer coaching (individual or as a couple), groups, and weekend intensives a few times a year, which are excellent. Comfortable for (but not exclusively for) faith-based people. Check out their resources: <https://beyondaffairs.com/>

Another great website is through **Affair Recovery Center**: www.affairrecovery.com

They offer many free resources and personal and group coaching for a reasonable fee.

Affair Recovery Center's Free videos:

<https://www.youtube.com/channel/UCeneINV1yWUhjo1xCjz099Q/videos>

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/>

You can also search for **local therapists** through **Psychology Today** and read their profiles. There are many check boxes for the location and type of therapist you are searching for. Make sure to click on “Search for All Filters” and then “Show More Specialties.” Look for counselors who list “Infidelity” or “Sex Addiction” as one of their specialties, depending on your situation. If you need special help for betrayal trauma, look for “EMDR” or “Trauma and PTSD”.

<http://therapists.psychologytoday.com/rms/>

*There are therapists who have special training to assess and help couples and individuals impacted by porn or sex addiction. The most professionally respected and recognized is Patrick Carnes' school, the **International Institute for Trauma and Addiction**, known as “IITAP.” Therapists who finish their training are known as Certified Sex Addiction Therapists and receive the CSAT credential. To find a **CSAT** trained therapist in your locale, search on the following link: <http://www.iitap.com/promote-your-services/sex-therapist-directory>*

There are several great counseling centers that do a lot of work helping individuals, couples, and partners recover from sex addiction and compulsive sexual behaviors:

Daring Ventures, with Dr. Jake Porter: Some free resources, more info with a modest subscription. They offer webinars and coaching for betrayal trauma, sex addiction, triggers, recovery, intimacy issues, help for spouses and couples. <https://go.daringventuresathome.com/home>

Daring Ventures Free videos: <https://www.youtube.com/c/JacobPorter1>

Another great resource for individuals and couples, especially wanting to recover from the impact of sex addiction on their relationship is **Helping Couples Heal:** <https://helpingcouplesheal.com/>

If you would be interested in attending a longer, in-person Intensive for sex or love addiction, look into **The Meadows** rehabilitation center. Their link for sex addiction treatment is: <https://www.themeadows.com/conditions-we-treat/sexual-addiction> And their link for treating love addiction is: <https://www.themeadows.com/conditions-we-treat/love-addiction>

You might also want to check out other resources such as support groups, workshops, blogs and marriage intensives on my Resources page on my web site: <https://www.lindajmacdonald.com/Resources>

These are only a few of the therapists, coaches, and programs available to help people recover from infidelity. Some of these resources include distance therapy or Intensives that may require flying in from a distance. Or, only available via Video Conference. You just need to look them over to see what all they offer.

I hope this information helps you find the help you need. Wishing you success in your search!

Linda