

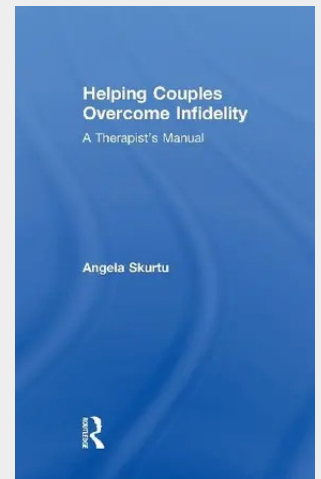
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Helping Couples Overcome Infidelity

A Therapist's Manual

Helping Couples Overcome Infidelity provides clinicians with tangible, research-oriented intervention strategies that can guide couples through the aftermath of an affair. In the treatment of an affair, there are several key elements that couples need to work through as a team, including assessment, working through the crisis phase, rebuilding trust, acknowledging the pain infidelity causes, repairing relationship issues, creating a dynamic sex life, choosing to stay in or leave the relationship, and forgiveness. This book will cover nine milestones in detail and offer a framework for how clinicians can offer helpful treatment at each step. Also included are case studies of particularly challenging couples that the author has worked with and a section at the end of each chapter on therapist self-care.

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