

BETRAYED PARTNER GROUP

Recovery for partners of sex addiction

Facilitated by Alex Fliess, LCSW, CSAT-C, this group will address recovery from betrayal trauma within a relationship.

By participating in this group, you will have support from therapists and a community of betrayed partners. You will also learn:

- How to gain a stronger understanding of the underlying shame and trauma regarding the betrayal
- How to better understand your grief and strategies to process it
- How to identify and address your emotions resulting from the betrayal
- How to address feelings of shame
- How to pre-plan for triggers
- How to maintain a sense of stability and regain your self-esteem
- How to keep yourself emotionally and physically safe
- How to set healthy boundaries for yourself and your partner
- That it takes courage to stay in a relationship. And it takes courage to leave
- That recovery is possible for the addict. And for you, the betrayed partner

Beginning January 19 this group will meet every Thursday from 6:30 pm to 8:00 pm for 10 weeks via Zoom. The goal of group is to provide you with continued education and support around your betrayal trauma and recovery.

All members must be willing to be on camera during group and participate in discussion.

Homework will be assigned each week and each member is expected to complete assignments and share in discussion.

This is a small group with no more than eight partners. Cost is \$600 for the 10-week session. BCBS insurance is accepted.

Each group member must currently be working with a CSAT or trauma informed therapist.

Please contact Alex Fliess via email (Alex@CCSWLtd.com) to schedule an intake.

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