Gathered by Linda J. MacDonald, M.S.
https://www.lindajmacdonald.com
https://www.postaffairrecovery.com

ONLINE RESOURCES FOR AFFAIR AND SEX ADDICTION RECOVERY

Listed in alphabetical order. Please note that this list includes a variety of traditional Christian and secular resources.

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 the 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

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, and 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 healthier 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, and articles. Especially helpful for individuals/couples coping with sex addiction.
https://2.bebroken.com/ Free podcast: https://www.bebroken.org/podcast
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 are 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

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 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/

Daring Ventures, with Dr. Jake Porter: Faith-sensitive. 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/Jewish. Michelle Weiner-Davis' website, helping couples on the brink avoid infidelity or those who've been impacted by it. https://www.divorcebusting.com/

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/

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 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/

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/#/

Joe Dallas Ministries. Pastoral and Biblical Counseling, coaching, resources for Christian men who struggle with any kind of porn or compulsive sexual behavior, including same-sex attractions. Lots of courses, books, two-day intensives, and group help as well.
https://joedallas.com/

A CIRCLE OF JOY – Marsha Mean's website with a team of professionals who help both the unfaithful person and spouses traumatized by a partner's or former spouse's sex addiction. Coaching, online consulting, and counseling available:
https://www.betrayaltraumatohealingandjoy.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 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/

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 – Begun by Dr. Ted & Diane Roberts. 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

Pure Life Alliance: Faith-based help. For men: https://purelifealliance.com/
For women: https://www.purelifealliance.com/women

Pure HOPE – 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 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, and Faith-based resources for stepfamilies. hello@gilandbrenda.com.

Restored2More – Clinton and Charity Munoz began a podcast ministry 5 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. Offers individual help, groups, and residential treatment. Well-respected in the field. Good for sex or porn addicts and betrayed 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://roaneandeva.com/; https://lifeworks.ms/team/roane-and-eva-hunter/
Podcast: https://podcasts.apple.com/us/podcast/sex-god-chaos/id1620577450
YouTube: https://www.youtube.com/@SexGodChaosPodcast

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/

TheTrailblazingLife – Christian ministry by trained coaches "who've been there." RJ & Melissa Whaley work as a pair to offer support and guidance to help couples restore their marriages after the disruption of betrayal. https://www.thetrailblazinglife.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

Helping Couples Heal. Headed by Marnie Breecker. Many Resources for sex addicts and their partners. Respects both faith and LGBTQ+ issues. Offers counseling and resources. https://helpingcouplesheal.com/