FINDING AN APPROPRIATE THERAPIST

Dear Reader,

I am glad you liked my book and are looking for a good counselor. Just so you know, I am not set up to do long-distance counseling. My local counseling practice is usually full, so I also cannot accommodate people who wish to fly to my area for some sort of counseling intensive. 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 Ann Bercht. Ann 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:
https://beyondaffairsnetwork.com/find-affair-recovery-therapist/

You can also search for local therapists through Psychology Today and read their profiles, and look for one who lists “infidelity” or “sex addiction” as one of their specialties.
http://therapists.psychologytoday.com/rms/

Clinical Members of AAMFT have a lot of good training for working with couples and families. You can find a member of AAMFT through Therapist Locator on the AAMFT website:
http://www.therapistlocator.net/

Also, one of the most clinically verified effective approaches to treating couples is a relatively new type of therapy known as Emotionally Focused Therapy (EFT), and a therapist would likely have the skills to help couples repair **ruptures in** their bond. If what you need includes some good couples’ work, I would highly recommend trying to find a therapist who is certified in “EFT”.

However, for any of the above therapists, I recommend you run them through a series of questions.

Among the questions to ask: Have you read Dr. Shirley Glass' book, *Not "Just Friends"* or Dr. Janis Spring's book, *After the Affair,* or Dr. Frank Pitman's book, *Private Lies?* Are you familiar with *How to Help Your Spouse Heal from Your Affair* by Linda J. MacDonald? Or, *Torn Assunder* by Dave Carder? *Affairs,* by Emily Brown? Do you do couples work that includes exploring family-of-origin issues and/or attachment issues and restoring trust? Do you have special training in treating trauma (especially helpful for the betrayed spouse)? It is also a good sign if the counselor is familiar with the writings of Patrick Carnes, the foremost sex addiction expert in the country.

If the therapist isn't familiar with any of the books/authors listed above, you likely won't find a therapist with the same approach I do.

Also, there are other forms of infidelity besides the classic "affair," including **sex addiction** (regular use of pornography, seeing prostitutes, serial affairs, pedophilia, etc.) A person who engages in (or has engaged in) sexual acting out that has a compulsive component to it falls into this category.

Some therapists have specialized training to assess and help these individuals. The most professionally respected and recognized is Patrick Carnes' school, the **International Institute for Trauma and Addiction,** known as "iitap." Therapists who attend all levels of training are known as Certified Sex Addiction Therapists and receive the CSAT credential they can put after their name. To find a CSAT trained therapist in your locale, search on the following link: http://www.iitap.com/promote-your-services/sex-therapist-directory

Some counselors and coaches have special training in **working with spouses/partners** of those who've been involved in sex addiction or other kinds of affairs. Look for those who are **APSATS**-trained and certified **(Association for Partners of Sex Addicts Trauma Specialists)**. You can find links to APSATS-trained specialists on their website: https://apsats.org/pages/find-a-specialist

If you would be interested in attending an Intensive for sex or love addiction, I recommend 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

If you are looking for a Christian counselor, check the box for "Christian" on Psychology Today, or consider the list of local therapists on the website for the American Association of Christian Counselors, https://christiancareconnect.com/ or search on https://www.christiancounselordirectory.com/

Also, check out **Circle of Joy** – Marsha Mean's website for addicts and spouses traumatized by a partner's or former spouse's sex addiction. Coaching, online consulting and counseling available: https://www.betrayaltraumatohealingandjoy.com/talk-with-someone/meet-the-coaches/marsha-means-ma

Also, check out my list of Resources on my website for a broader list of helping professionals and websites.

Again, I would still ask the questions I listed above and ask about their familiarity with the books listed above.

Some of these resources include distance therapy or Intensives that may require flying in from a distance. 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