

UNDERSTANDING THE IMPACT OF RELATIONSHIP BETRAYAL

A HEALING GROUP FOR WOMEN



If you have recently discovered that your intimate partner has hidden a part of themselves from you such as infidelity, compulsive use of pornography or other sexually problematic or deceptive behavior, you may be experiencing tremendous pain and devastation. Feelings of shock and isolation, and grieving a relationship that no longer feels safe can leave one with a deep sense of fear, anger and confusion on where to turn.

You do not need to go through this alone. Building community is a significant part of the recovery and healing process. Led by an APSATS-trained, somatic and trauma-informed therapist, this group is designed to create an environment that allows for trust, support, skill-building, and belonging as you work towards physical and emotional healing.

Topics of discussion will include:

- Defining betrayal trauma and understanding symptoms
- Exploring definitions of safety
- Exploring boundaries, shame and self-blame, trust, anger, self-esteem and body image
- Defining personal core values and personal strengths
- Coping and self-regulation skills
- Self-care and self-compassion skills
- Establishing safe and trusting social support/relationships.

Who: Women-identifying individuals navigating the impact of intimate partner betrayal and residing in Illinois

Dates: Next cohort launches September 2025, exact dates TBC

When: Thursdays, 7:30pm-9:00pm

Where: Zoom

Length: 12 sessions

Cost: \$75 per session



Facilitated by
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Somatic Experiencing Practitioner
APSATS-Trained

[Link to Bio](#)

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