

H.A.R.T. WORKSHOP

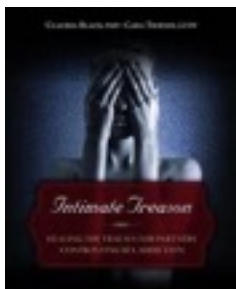
HEALING AFTER
RELATIONAL TRAUMA

PARTNER SHAME AND BETRAYAL TRAUMA

Date: TBD



Being labeled as the “partner of a sex addict” can seem like a curse. You are now dealing with a different reality than what you imagined your life to be. You are dealing with the disconnection from your partner, your family, your friends, and, most importantly, yourself. All of this results in a new and evolving understanding of what was and what is. This disconnection is called “shame” and it needs to be addressed.

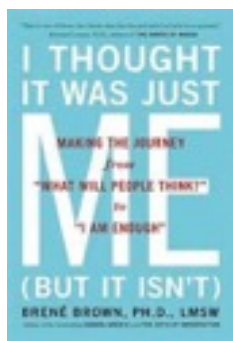


Claudia Black, PhD and Cara Tripodi, LCSW developed the workbook, *Intimate Treason*, to address the specific trauma of partners of sex addicts.

Brene Brown, PhD has spent years researching shame and developed a curriculum to bring awareness to the emotion and to deal with it. In, “*I Thought It Was Just Me...*” she addresses this powerful issue.

These tools, coupled with the guidance of Amanda and Adam, will target your pain, betrayal, and shame and get you moving through this difficult time in your life.

Your experience is real and your life is not a curse. Let’s get you through this.



“If you own this story, you get to write the ending.”

- Brene Brown



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