

Betrayed Partners Intensive Treatment Centers

1. Begin Again Institute

Longmont, Colorado 80503

Website: <https://beginagaininstitute.com/>

Phone: 720.782.1372

Partner Intensive - “6-days of intensive healing designed especially for partners of addicts who have endured the pain of betrayal trauma, infidelity, and relationship trauma.”

“The 6-day Partner Intensive is an intimate and caring community of no more than 10 participants. Your cohort will be your safe space and your confidants. You never asked to be part of this exclusive club, but our team of betrayal trauma experts can provide the specialized support you need.

During the intensive, you’ll receive multiple types of trauma-focused therapy from both male and female therapists including:

- Brainspotting
- Narrative Therapy
- Psychodrama
- Guided Meditation
- Inner Child Work
- Internal Family Systems (IFS)
- Attachment Therapies
- Mind/Body Practices
- Shame Reduction”

2. Trish Haight, LMFT, SEP, CSAT, CCPS, CPTT, NARM, DSTT, AF-EMDR

Website: <https://trishhaight.com/here-i-am-becoming-the-sister-course/>

<https://trishhaight.com/>

Email: trish@trishhaight.com

Phone: 310-684-3525

Here I Am Becoming: The Sister Course

Intimate 6-day illumination virtual intensive

“A Transformative 6-Day Journey for Women Impacted by Deceptive Sexuality.”

“You’re not alone. The Sister Course is a safe, sacred space designed for women like you who are reeling from betrayal trauma and the impacts of infidelity and integrity abuse. Led by trauma therapist and specialist Trish Haight, this psychoeducation and illumination program can help you understand, heal, and rise from the ashes of deception.”

HERE I AM BECOMING: Sacred Sister Cocoon

“A 7-Day In-Person PLUS 1-Day Virtual Transformative Healing Intensive for Women Impacted by Deceptive Sexuality, Infidelity, and Betrayal Trauma.”

3. H3 Counseling - Dr. Crystal Hollenbeck - THREE-DAY COMPLEX TRAUMA INTENSIVE -

Address: Dr. Phillips | Windermere Office - Sand Lake View Center - 7345 W. Sand Lake Road, Suite 303, Orlando, FL 32819

Website: <https://crystalhollenbeck.com/couples/orlando-trauma-intensive/>

Email: Crystal@CrystalHollenbeck.com

Phone: 407-408-6521

If you are a survivor of the following, a Three-Day Complex Trauma Intensive can be a significant part of your healing process.

- Childhood Abuse and/or Neglect
- Childhood Sexual Abuse
- Sexual Assault and/or Rape
- Loss of Loved Ones | Complex Grief
- Witnessing or Discovering the Death of Someone
- Relational and/or Sexual Betrayal – Betrayal Trauma that may include staggered disclosure, and include betrayal by family and friends
- Witnessing or Experiencing a Car Accident
- Mugging, Physical Beating, Home Invasion, Shooting
- Bullying and/or Discrimination in Childhood or Adulthood
- Complex and/or Chronic Loss Including Financial Loss

Dr. Crystal Hollenbeck is an APSATS Certified Clinical Partner Specialist, a Certified Clinical Trauma Professional, and a Certified EMDR Therapist.

Dr. Crystal Hollenbeck offers a Three-Day Trauma Recovery Intensive that focuses on these needs in the healing process. She recommends that couples first attend the Couples Sex Addiction Three-Day Intensive if the sexually addicted spouse is willing to and then the Partner attend the Trauma Intensive. However, as the Partner, even if your spouse is not in recovery, your healing must be a priority in order to experience healing from the trauma you experienced with the discovery and/or the ongoing staggered disclosure of the sexually betraying behaviors and lies.

A Few Requirements to Consider:

***You will be required to stay in a Hotel whether you are a local resident or coming in from out of town**

***The cost is \$5500.00 plus travel, hotel, food, etc.**

***You will be expected to abstain from all alcohol and non-prescribed drug use 30 days prior and during the Intensive.**

***You will be expected to give your full focus on the Intensive and asked to abstain from all media and work during the Intensive.**

***You will need to have a therapist you are currently working with and will continue to work with after the Intensive.**

3 Day Intensives: Orlando Office - Sand Lake View Center 7345 W. Sand Lake Road, Suite 303 Orlando, FL 32819

4. The Meadows

Several Locations and Addresses

Website: <https://www.themeadows.com/>

Phone: 866-424-5476

WORKSHOPS

1. Healing Intimate Treason: For Partners of Sex Addiction
2. The Betrayal Bond
3. THRIVE
4. PARTS (Personal Awareness & Recovery Through Self)
5. Family Matters
6. Couples Repair and Reset
7. Survivors I - Healing Childhood Relational Trauma
8. Survivors II
9. Mending Heartwounds
10. Spirit

5. MichelleMays - In-Person Intensive - Sex After Betrayal -

Address: 201 Liberty St. SW Leesburg, VA 20175

Website: <https://michellemays.com/programs/sex-after-betrayal/>

Phone: (571) 442-1898

Email: admin@michellemays.com

Healing the Sexual Injury

Partner betrayal includes the overlapping of three specific types of traumatic injury that influence and exacerbate each other. This four-day therapy intensive focuses on understanding and healing the sexual injury resulting from intimate betrayal.

This program IS ideal for you for...

- Women who have experienced sexual betrayal (whether from an isolated infidelity or a pattern of sexually compulsive behavior) and have completed the initial work to address the crisis of discovery, stabilize trauma symptoms, and establish boundaries and patterns of self-care.
- Betrayed partners who feel ready to deal with the impact to their sexuality and are prepared to dive deeply into sexual issues in a safe and confidential small group setting.
- Betrayed partners who want to better understand their sexuality and more fully embrace their sexual selves.

How the Intensive is Structured

The Sex After Betrayal: Reclaiming Your Sexual Self intensive is held at the Center for Relational Recovery's main office in Leesburg VA just outside of Washington DC. Participants stay at a local hotel. The intensive is designed as a small group experience with 6-8 participants. The intensive combines therapy, psycho-education, and experiential work. If you are working with an individual therapist, we will collaborate with them about the work you do with us.

After completing the Sex After Betrayal: Reclaiming Your Sexual Self intensive you will be able to:

- Operate from self-acceptance knowing that who you are, how you are sexually wired, your preferences, experiences and desires are normal.
- Help your partner (or future partner) understand who you are sexually and engage in your sexual relationship from a place of self-acceptance and curiosity.
- Identify your Sexual Alarm System, honor your need for safety and move more freely toward the safe adventure of sex.

- Learn how to say no so that you can fully and enthusiastically say yes.
- Find your sexual voice, create sexual boundaries, and gain courage to speak honestly and vulnerably about sexual issues with those who matter.

Is this intensive a good fit for you? Schedule a call to find out: 571-442-1898

6. Daring Ventures - Returning to You –

Address: Houston, TX 77027

Website: <https://www.daringventures.com/returningtoyou/>

Phone: 1-855-602-2554

Email: frontdesk@daringventures.com

“Limited to just 8 participants and one week per month, Returning to You™ creates an intimate setting in which women can take strides on their journeys toward healing from betrayal. This program provides a level of customized care to make it meaningful to those just beginning the path toward healing or those well on their way to renewal.”

Duration: Sunday evening through Saturday morning

Location: Magnolia House, a private, residential setting in West Chambers County, Texas, approximately 30 miles east of Houston

Participants: Limited to 8 women Care: Approximately 6.25 hours of individual therapy over five days and 16.5 hours of group over six days

Lodging: 4 spots for double occupancy rooms and 4 spots for individual rooms

Meals: All meals included

Travel: Participants flying in for the program can fly into either Houston Hobby Airport (HOU) or George Bush International Airport Houston (IAH). We recommend using a Ride Share service for transportation to and from the airport. Uber or Lyft is approximately \$50-\$60 one way, which will be significantly less expensive than renting a vehicle for the week. This will also help us with parking at the residence.

7. Green Shoe Foundation -

Address: 9601 South Portland Avenue, Guthrie, Oklahoma 73044

Website: <https://www.greenshoe.org/>

Phone: 405-697-2109

“Green Shoe Foundation is a mental health non-profit organization, that offers a 5-day group therapy retreat for adults 21 and older with a focus on healing from childhood trauma. Based on Pia Mellody's work in codependency, boundaries, and the effects of childhood relational trauma on emotional development; our five-day outpatient retreat utilizes Post Induction Therapy (PIT), an eclectic therapeutic approach that delivers transformational change.”

COST: Our retreats require a \$475 deposit to secure your spot, and this deposit is returned in full upon completion of the entire retreat week. If you cannot supply a deposit, we ask that you please contact us to discuss financial assistance.

8. Austen Riggs Center -

Address: 25 Main Street, PO Box 962 Stockbridge, MA 01262

Website:

Phone: 800-517-4447

Email: info@austenriggs.net

“The Austen Riggs Center is an internationally renowned therapeutic community, open psychiatric residential treatment center, and center for clinical education and research—a place that promotes personal resilience and self-direction in adults (18+) with complex psychiatric problems.”

9. Banyan Therapy Group - Partners of Sex Addicts Trauma Online Intensive -

Address: Banyan Therapy Group - 11712 Moorpark St., Suite 111
Studio City, CA 91604

Website: <https://www.banyantherapy.com/partners-intensive/>

Phone: 818-435-7847

Email: info@banyantherapy.com

What is the main purpose of the Partner's Intensive?

“The goal of our Partner's Intensive is to provide a safe space for healing for those who are in relationship with a sex addict. This intensive provides a small group environment to help provide community support, a safe space where you can share your story with others, education, resources, and tools for beginning your healing journey from betrayal trauma.

We take a multidimensional partner trauma model approach, recognizing that sex addiction creates a traumatic rupture for partners of sexually addicted men and women. Because of this betrayal trauma, we've found that many partners need extra support to heal.”

Who is a good fit for the Partner's Intensive?

“Our Partner's Intensive is designed for any partners who are healing from the impact of sexual betrayal. Whether you are in early healing after discovery and/or disclosure, or if you have been in the recovery process for a while but want to take your healing to a new level the intensive provides a unique space for you to find refuge and restoration.”

What will be Covered in the Intensive?

Some topics will vary based on the needs of the participants, but topics we typically cover include:

- Dealing with the emotional aftershock of discovery and/or disclosure
- Understanding betrayal trauma symptoms
- Examining the impact of sexual betrayal
- Building new resources for self-care and safety
- Navigating trauma triggers
- Understanding sex addiction

- Exploring the impact of sex addiction on the body and on sexuality
- Identifying patterns of emotional and psychological abuse in the relationship
- Healing somatically
- Solidifying a new foundation of values
- Building healthy boundaries
- Creating a vision for self and the relationship
- Preparing to move from here – Establishing a plan for the future

Why do this intensive instead of regular outpatient therapy?

“We recognize that everyone’s journey of healing from betrayal trauma is different. We also know that healing comes best in community. Because of this, we are offering this intensive to build a community of support and healing, where it can otherwise be so difficult to find other safe people to fully share this journey with. Our intensive provides a unique blend of processing, information sharing, and expressive healing opportunities in a small group environment that is often impossible to accomplish on an individual outpatient level. We also take into consideration your unique situation and will do our best to build a program that meets you right where you are.”

What about my responsibilities with my job and family?

“We work to find the best time frames for those attending our intensives, so we try to work around work schedules as much as possible. For that reason, we often schedule our intensives from Fridays-Mondays. We account for the needs of your schedule to make our program work for you and for your family.

How do I learn more about the Partner’s Intensive?

“If you have any further questions please feel free to reach out Monifa, at info@banyantherapy.com or call (818) 435-7847ext 1. We would be happy to talk to you more about the program and if it’s a good fit for you.”

10. Fourth Dimension Counseling & Coaching -Reclaim YOURself After Betrayal: A Healing Retreat-

Address: FOURTH DIMENSION HEALING RANCH 26044 SE 192nd Street
Maple Valley, WA. 98038

Website: <https://fourthdimensioncounseling.com/betrayed-partner-intensives/>

“In the world of zoom and telehealth, we are offering an opportunity to connect and start healing in person, with women on a similar journey.”

“Join a small group of women for an immersive healing experience set in a rural setting including equine-assisted therapy, mindfulness, group therapy around the campfire, psychoeducation about betrayal trauma, and Sound Bath healing to help work through the emotional and stress responses to betrayal trauma.”

“A collaborative betrayal trauma healing intensive retreat offered by Fourth Dimension Counseling, Begin Again Institute, and Laurie Hall. This intensive retreat is designed for anyone who is looking to Reclaim themselves on the way to creating a life you really love.”

“Transformative five-day retreat designed specifically for women who have experienced the devastating loss of betrayal in their relationships. Led by a team of experienced experts in not only addiction and betrayal but also in repair, including Heidi Kinsella and Sheri Willis with Fourth Dimension Counseling, Laurie Hall, and Matt Wenger & Nate Geyer with Begin Again Institute, the retreat offers a safe, supportive, and understanding environment for healing and growth.”

What to Expect:

• **Transformative Healing:** Experience a comprehensive program tailored to help you work through the anger, grief, and mourning associated with following discovery. Through a combination of therapy modalities, including Brainspotting, EMDR, Experiential Therapy, Guided Meditation, Inner Child Work, Grief Work, and Internal Family Systems (IFS), you’ll gain clarity and reclaim your inner power and unlock your full potential for healing and empowerment.

• **Expert Guidance:** Benefit from 35+ hours of group and individual therapy hours led by our team of experts. Our experienced team will provide personalized support, guidance, and psychoeducation to help you make sense of your experiences find language for your emotions, and walk with you as you define the path you were destined for.

- Safe and Supportive Environment: Join an intimate cohort of no more than 10 participants, where you'll find understanding, community, and connection. Our serene retreat location in beautiful Berthoud, Colorado, offers privacy, tranquility, and camaraderie, ensuring you feel safe and supported throughout your healing journey.

- Nurturing Atmosphere: Relax and rejuvenate in our charming Victorian Farmhouse, nestled in the picturesque countryside of Northern Colorado. Each double-occupancy room features its own private bathroom and tasteful decoration, ensuring both privacy and comfort. Enjoy the inviting porch and lush, landscaped yard, perfect for moments of quiet reflection and connection with nature.

- Movement is medicine: our retreat integrates physical activities such as gentle yoga, nature walks, and mindfulness exercises into the healing journey. These activities are carefully curated to help participants reconnect with their bodies, release tension, and foster a sense of empowerment. Whether it's a serene hike through the majestic Rocky Mountains or a grounding yoga session on our lush, landscaped yard, each movement practice is designed to complement the therapeutic process and promote holistic well-being."

- Wholesome Meals and Snacks: Indulge in delicious, family-style dinners served around a large communal table, where you can process your day's work and cultivate hope for the future. In between meals, enjoy a variety of beverages and snacks, including fresh fruit, nuts, granola bars, and sweet treats. Our goal is to nourish your body and soul as you embark on your healing journey.

Reach out to us at www.BeginAgainInstitute.com or call (720) 790-4553

Included in the cost of care: Transportation to and from the airport, lodging in our Victorian Farmhouse, meals, snacks, beverages, and ancillary activities.

Cost: \$5,000

*You may request a Superbill for out of network reimbursement.

11. Betrayal Trauma Intensive With Shauna and Shelly - Bridges Counseling Center -

Address: Bridges Counseling Center 2270 Douglas Blvd., Ste 112 Roseville, CA 95661

Website: <https://www.betrayaltrauma.com/>

Has betrayal trauma made you feel "stuck"? Do barriers resulting from either addiction or betrayal feel unbreakable, keeping you from moving forward? Join betrayal trauma specialists Shauna Roberts (LMFT, CSAT) and Shelly Aldrich (LMFT, CSAT) as they guide nine women in unlocking the hope, healing, and peace they have been searching for. Join betrayal trauma specialists Shauna Roberts (LMFT, CSAT) and Shelly Aldrich (LMFT, CSAT) for a weekend of connection, empowerment, and healing. Your weekend includes a variety of therapeutic activities aimed at empowering you with recovery tools and emotional healing (group, mindfulness exercises, art therapy, yoga for trauma-healing).

A three-day betrayal trauma intensive recovery framework.

Location: In-Person at Bridges Counseling in Roseville, CA

Cost is \$3,000 per person (a 50% deposit is required to reserve your space). Lunch, snacks, and beverages provided. Lodging is not included. Payment plans available.

Individuals will work personally with Shauna and Shelly. When your application is approved, we'll send you an acceptance email, an in-depth betrayal trauma assessment, and other materials to complete before the intensive. This will help you get the most out of your time with us and allow us to personalize your experience based on your unique needs.

Based on your application and the betrayal trauma assessment, your experience with us will be structured to include (but not be limited to) the following:

Betrayal Trauma Counseling

Education

EMDR or ART

Yoga

Mindfulness Training

The focus and development of healthy habits

12. Grace Healing Journey - HEALING FROM BETRAYAL WORKSHOP - A 4-DAY INTENSIVE FOR WOMEN -

Address: 7301 Carmel Executive Park Dr Suite 218, Charlotte, NC 28226

Website: <https://charlottetherapy.com/healing-from-betrayal-partner-intensive>

Email: April@charlottetherapy.com

Phone: 980-288-2396

Are you in a relationship with someone who is struggling with compulsive sexuality or addiction? Regardless of the type of behavior, we recognize the betrayal and hurt, and the significant impact this has had on you and your relationship. What you are experiencing is trauma - and we can help!

We have designed a 4-day workshop for men and women in a relationship with someone who is struggling with compulsive sex or sex addiction.

This intensive focuses on you and helps you heal from the pain of betrayal. In this workshop, you will be joined by others who have experienced this same kind of trauma. You will receive, for possibly the first time, real support and love.

You will learn the following and much more:

- What trauma looks like and practical ways to heal from it
- Tools for coping
- Understanding of the addiction cycle
- What addiction, partner, and couple recovery looks like
- Steps to build trust and forgiveness
- How to develop a healthy support system
- How come addiction is not about you
- Steps to rebuild self-esteem
- Process of deciding whether to stay in the relationship
- How to make sure the kids are okay

Cost: \$2550.00 (Includes lodging, complimentary breakfast at hotel and lunch at intensive)

13. Waterstone Counseling Center - Spouses of Sex Addicts Intensive-

Address: Waterstone Counseling Center - 1672 South 48th Street, Suite B
Springdale, Arkansas 72762

Website: <https://waterstonecounseling.com/spouses-of-sex-addicts-intensive>

Email: support@waterstonecounseling.com

Phone: 479-202-6300

“Sexual addiction, infidelity, or betrayal of any kind takes a devastating toll on marriages and romantic relationships. Spouses and partners need support and healing to cope with the range of emotions and difficult experiences caused by betrayal.”

What is a Spouses of Sex Addicts Intensive?

“This intensive seeks to support women who are affected by their husband or partner's addiction, infidelity and betrayal and is customized to meet the specific needs and goals of the client and to help provide them support and a roadmap to healing.”

What is the format for a Spouse's Intensive?

“An intensive format differs from traditional counseling and can provide a client much more “traction” in a shorter timeframe as she navigates her way out of the pain and chaos of betrayal.

Typically, this intensive is structured so that an individual client meets 4 hours per day for 2-5 consecutive days with Vance Crow or Reneé Cauley, who has been trained through The Association of Partners of Sex Addicts Trauma Specialists (APSATS). A 30-minute phone consultation takes place before the intensive to better understand the situation, customize the treatment plan, and assign “pre-work” to the participant. Additionally, a 30-minute follow-up phone call is scheduled a month after the intensive for after care needs.

There will also be many recommended resources given to the client before and during therapy such as podcasts, book recommendations, and articles that will help with recovery.”

Who should attend a Spouse Intensive?

Women, ages 18 and older, who are affected by their husband or partner's addiction, infidelity and betrayal

What is the cost and accommodations for this Intensive?

A \$600 non-refundable deposit is required at the time the intensive is booked and the remaining balance is due 45 days before the intensive. Please note that cancellations can be made up to 45 days before the scheduled intensive and only the \$600 deposit will be forfeited. Here are the intensive options we have available right now and all options include the two phone consultations...

Option 1: 2 Days for Approx. 8 Hours - \$2,400.00

Option 2: 3 Days for Approx. 12 Hours - \$3,600.00

Option 3: 4 Days for Approx. 16 Hours - \$4,800.00

Option 4: 5 Days for Approx. 20 Hours - \$6,000.00

We accept cash, check, or credit card. Please note that insurance companies generally do not cover intensives but we will be happy to provide you with a receipt for tax purposes.

If you live outside of Northwest Arkansas, please be aware that lodging, transportation, and accommodations are NOT included in the fee. All the intensives take place at our office in Springdale and we do have several hotels right next to our counseling center that you can stay in. Here are a few lodging options for you to consider: Residence Inn by Marriott, Hampton Inn & Suites, Home2 Suites by Hilton, Holiday Inn.

Our office is located approximately 30 minutes from the Northwest Arkansas Regional Airport so it is very easy to UBER or taxi to our location.

What are some other important things I should know about the intensive?

We realize that participating in an intensive requires a significant investment of your time and resources. That being said, we do our best to facilitate a comfortable environment that promotes safety, security, vulnerability and authenticity. Your confidentiality and growth is very important to us! We believe this type of environment is essential to help you maximize the benefit of your investment.

Who should I contact to learn more about or schedule an intensive?

You can email Sean McDonald, Owner and Clinical Director, at sean@waterstonecounseling.com or call our office at 479-202-6300 and leave a voicemail letting us know that you are interested in an intensive and we will get back with you quickly.

14. Thrive Relational Recovery -

Address: 6551 South Revere Parkway Suite 150 Centennial, CO 80111

Website: <https://www.thriverelationalrecovery.com/groups/intensives-betrayal>

Email: info@thriverelationalrecovery.com

Phone: (303) 886-6092

Thrive After Betrayal - Betrayal Trauma Recovery Classes

“Come join with other women to learn principles for healing from the trauma of betrayal. Each class will be led by therapists that are trained and specialized in the treatment of betrayal trauma and sexually compulsive behavior. Classes are confidential.”

Group Benefits

- **Skill Building & Tools:** Find support and healing in our specialized therapist led groups for Problematic Sexual Behaviors and Betrayal Trauma. These groups are ideal for those who are seeking a deeper healing experience than 12-step support groups can provide, and desire deep connection with other members and healing tools and experiences from group leaders. Group Therapy is proven to be one of the most essential components for those seeking recovery from trauma, addictive behaviors, and relationship distress.

Heal Your Pain: Healing is not a linear process. In this group, you can go at your own pace while receiving encouragement and direction in all stages of your healing path.

Heal Your Nervous System: We will be practicing powerful mindfulness tools such as yoga, breathwork, and experiential work to allow your nervous system to heal.

Build Relationships and Break Isolation: Knowing and seeing you are not alone builds confidence. Group Therapy is a vital tool for recovering from trauma and addictive behaviors.

Thrive After Betrayal - Betrayal Trauma Recovery Classes Cost: \$280.00 per month

Every Thursday from 1:15PM - 2:45PM

Participants enroll by monthly subscription.

***You will be billed monthly (four sessions) at a time. Please see our cancellation/missed session policy for full program details.**