

LIVING & LOVING AFTER BETRAYAL COURSE



The promise of your emotional bonds is that your loved one will:
Care about your wellbeing and never intentionally hurt you.

Chronic anger, abuse, infidelity or deceit feel like betrayal because they violate the implicit promise of emotional bonds.

This course will help you regain a sense of trust in yourself and in others. It offers powerful methods to heal, grow, and love again.

Individuals Sessions and/or group therapy format available.

- **Session 1** Introduction
- **Session 2** Using Pain for Growth. The meaning we give to pain determines whether we outgrow it or stay stuck in it.
- **Session 3** Develop a Healing Identity. Identify with your strengths, resilience, values, and capacity for healing and growth.
- **Session 4** The Immune System of the Self. Acting consistently on the drive to create a sense of meaning and purpose to life.
- **Session 5** Healing Painful Memories Part I. Learn how to recondition mental processing of painful memories.
- **Session 6** Healing Painful Memories Part II. Exercises in reconditioning painful memories.
- **Session 7** Outgrowing Hurt & Resentment. It's not enough to heal hurt; we must outgrow the defenses it leaves behind.
- **Session 8** Rebuilding a Betrayed Relationship. How to rebuild and repair a betrayed relationship.
- **Session 9** Compassion & Kindness. The necessary ingredient for recovery is showing compassion and kindness to others.

*materials written by Steven Stosney, Ph.D.