



ALL GIRLS ALLOWED

FINDING HOPE

**Betrayal Trauma Healing Resources
for Those Affected by a Partner's
Unwanted Sexual Behavior**

A Recovery Resource Companion to

SEXploited in America

September 2026

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INTRODUCTION

Discovering a spouse or partner's pornography use, sexual addiction, compulsive sexual behavior, infidelity, or other unwanted sexual behavior can be deeply painful and overwhelming. The impact of sexual betrayal can affect trust, emotional well-being, relationships, and a person's sense of safety. Support and healing are available.

This directory was developed as a companion resource to Season 2 of **All Girls Allowed's *Sexploited in America*** docuseries, which includes a look at the issue of pornography and its impact on individuals, relationships, families, and society.

As the series brings greater awareness to the issue, this directory provides a practical next step for spouses and partners seeking support after sexual betrayal. It connects those seeking help with counseling, intensives, support groups, recovery programs, and other resources specifically addressing betrayal trauma and partner healing. For individuals seeking support for pornography use, sexual addiction, compulsive sexual behavior, or other unwanted sexual behavior, All Girls Allowed also offers ***Finding Freedom: Recovery and Healing Resources for Unwanted Sexual Behavior***.

The organizations and resources in this directory vary in their approach, services, cost, availability, and faith perspective. We encourage you to explore the available options and contact organizations directly to determine which resources best fit your individual needs and circumstances.

Seeking support can be an important step toward healing. We hope this directory serves as a practical starting point for spouses and partners navigating the effects of sexual betrayal. No matter where you are in your journey, know that support is available and you do not have to navigate healing alone.

UNDERSTANDING YOUR OPTIONS

Counseling and Therapy

Individualized support from licensed therapists with experience in betrayal trauma and partner recovery, including **Certified Partner Trauma Therapists (CPTTs)** and **Certified Couples Betrayal Recovery Therapists (CCBRTs)**.

Best for: Individuals, couples, or families seeking ongoing therapeutic support.

Intensives

Short-term, concentrated programs that provide focused support over several hours or days.

Best for: Those seeking more focused and immersive support than traditional weekly therapy.

Support Groups

Peer-led or facilitator-led groups that provide connection, encouragement, and shared support.

Best for: Ongoing healing, connection, and community support.

Online Resources

Digital tools that complement treatment and recovery.

May include: Online courses • Recovery apps • Virtual coaching • Digital support programs • Podcasts • Educational resources

USING THIS DIRECTORY

Finding the right support for you depends on your individual needs and circumstances. This directory is designed to make it easier to explore available resources and compare options.

Finding Resources

If you are looking for an individual therapist or counselor, visit the **Find a Specialist** page for trusted professional directories that can help you locate providers with specialized training in betrayal trauma and partner recovery.

This directory also highlights selected specialized treatment programs, intensives, support groups, and online recovery resources for spouses and partners affected by a loved one's unwanted sexual behavior.

Choosing a Resource

The information provided for each organization can help you compare options based on location, faith perspective, and available programs or services.

Needs and circumstances vary, and inclusion in this directory does not mean that a particular organization or program is the right fit for every individual. We encourage you to contact organizations directly to ask questions, confirm current services and availability, and determine whether a program meets your needs.

Disclaimer

The organizations and resources included in this directory are provided for informational purposes only. Being included in this directory does not mean that All Girls Allowed (AGA) recommends or approves any organization or its services. Information is based on publicly available and/or self-reported information and may change over time. AGA does not provide or supervise the services listed and is not responsible for individual experiences, quality of care, or outcomes. Readers are encouraged to verify information directly with each organization and determine which resources best meet their individual needs.

Last updated: September 2026

FIND A SPECIALIST

The professional directories below can help you locate clinicians and other specialists with training related to sexual betrayal, problematic sexual behavior, and partner trauma.

APSATS — Find a Specialist

The Association for Partners of Sex Addicts Trauma Specialists (APSATS) provides a searchable directory of clinicians and coaches trained in its Multidimensional Partner Trauma Model (MPTM). The directory includes APSATS-certified specialists as well as professionals currently completing the certification process.

Search by location or browse the specialist map to find providers in your area.

[Find a Specialist →](#)

IITAP — Find a Therapist

The International Institute for Trauma and Addiction Professionals (IITAP) provides a searchable directory of clinicians with specialized training in areas including betrayal trauma, compulsive sexual behavior, and couples recovery.

Relevant credentials may include:

- **CPTT** — Certified Partner Trauma Therapist
- **CCBRT** — Certified Couples Betrayal Recovery Therapist
- **CSAT** — Certified Sex Addiction Therapist

[Find a Therapist →](#)

Choosing a Provider

Specialized training can be helpful, but credentials alone do not determine whether a provider is the right fit. When contacting a therapist, consider asking about their experience working specifically with betrayed spouses and partners, their approach to betrayal trauma, available services, cost and insurance, and whether they are licensed to provide therapy in your state.

Professional directories are provided as search tools and do not guarantee that a particular provider will be appropriate for every individual.

ORGANIZATION DIRECTORY

Alliance for Healing

- **Location:** Online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Six-week Finding Self After Betrayal recovery course
 - Live interactive and self-guided options
 - Experiential exercises based on *The Rabbit Hole of Betrayal* framework
 - **Phone:** (651) 493-8150
 - **Email:** admin@aheartt.com
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Begin Again Institute

- **Location:** In-person (Berthoud, Colorado) and online
 - **Faith-Based:** Christian programs offered
 - **Programs and Services:**
 - In-person Partner Intensive for betrayal trauma recovery
 - Virtual support program for partners of men enrolled in Begin Again intensives
 - Programs facilitated by Certified Partner Coaches with the Association of Partners of Sex Addicts Trauma Specialists (APSATS)
 - Betrayed Partner's Guide
 - **Phone:** (720) 513-2514
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Bethesda Workshops

- **Location:** In-person (Nashville, Tennessee)
- **Faith-Based:** Yes
- **Programs and Services:**
 - Four-day *Healing for Partners* intensive
 - Led by Certified Partner Trauma Therapists (CPTTs) and Certified Sex Addiction Therapists (CSATs)
 - Spiritual insight

- **Phone:** (615) 467-5610
 - **Email:** info@bethesdaworkshops.org
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Betrayal Trauma Recovery

- **Location:** Online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Live online betrayal trauma support groups
 - Individual coaching sessions
 - Self-paced workshops and educational resources
 - *Betrayal Trauma Recovery* podcast
 - **Email:** support@btr.org
 - **Website:** [Visit Website](#)
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Bloom for Women

- **Location:** Online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Self-guided betrayal trauma courses and workbooks
 - Individual betrayal-trauma coaching
 - Online workshops and Growth Sessions
 - Couples recovery resources
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Captives Free

- **Location:** Online
- **Faith-Based:** Yes
- **Programs and Services:**
 - Weekly Healing Support Groups for Betrayed Women
 - Prayer and faith-based support
 - Curriculum-based teaching
- **Email:** Submit the contact form on the website
- **Website:** [Visit Website](#)

COSA

- **Location:** In-person (multiple locations) and online
 - **Faith-Based:** Spiritual – Twelve-Step (no religious belief required)
 - **Programs and Services:**
 - In-person, online, and phone Twelve Step meetings
 - Peer support for those affected by another person's compulsive sexual behavior
 - Recovery literature and educational resources
 - **Phone:** (866) 899-COSA (2672)
 - **Website:** [Visit Website](#)
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Dare to Connect

- **Location:** Online
 - **Faith-Based:** Spiritual – Twelve Step
 - **Programs and Services:**
 - Weekly recovery sessions for individuals, betrayed partners, and couples
 - Separate professionally facilitated support groups for individuals and betrayed partners
 - Couples recovery sessions focused on rebuilding connection and trust
 - D2C Academy self-study courses and recovery resources
 - **Email:** Submit the contact form on the website
 - **Website:** [Visit Website](#)
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Daring Ventures

- **Location:** In-person (Houston, Texas) and online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Individual and couples therapy
 - Betrayed partner intensives
 - Couples intensives
 - Betrayed partner support groups
 - Podcasts and books
 - **Phone:** (855) 602-2554
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Faithful & True

- **Location:** In-person (Eden Prairie, Minnesota)
 - **Faith-Based:** Yes
 - **Programs and Services:**
 - Individual counseling
 - Three-day *Women's Journey Workshop*
 - Small and large group opportunities
 - **Phone:** (952) 746-3880
 - **Email:** info@faithfulandtrue.com
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Heart to Heart Counseling Center

- **Location:** In-person (Colorado Springs, Colorado)
 - **Faith-Based:** No
 - **Programs and Services:**
 - Partner Betrayal Trauma™ Intensives
 - Partner Betrayal Trauma™ Counseling
 - Couples recovery sessions
 - **Phone:** (719) 278-3708
 - **Email:** heart2heart@xc.org
 - **Website:** [Visit Website](#)
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Hope's Garden

- **Location:** Online
 - **Faith-Based:** Yes — Catholic
 - **Programs and Services:**
 - *Hope in Bloom* betrayal trauma support groups
 - *Hope Rising* continued marital betrayal recovery group
 - Online community, prayer groups, and recovery resources
 - **Email:** Submit the contact form on the website
 - **Website:** [Visit Website](#)
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HopeQuest Ministry Group

- **Location:** In-person (multiple locations) and online
- **Faith-Based:** Yes

- **Programs and Services:**
 - Journey support groups for wives of men struggling with pornography and/or sex addiction
 - Meetings centered on shared experiences and spiritual growth
 - Support workbooks
 - **Phone:** (678) 391-5950
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Institute for Relational Recovery

- **Location:** In-person (Dallas, Texas) and online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Betrayal Trauma Group for partners of sex addiction and infidelity
 - Online Betrayal Trauma Coaching Group
 - Individual and couples therapy
 - **Phone:** (214) 906-5138
 - **Email:** Lauren@irrdallas.org
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Intensive Recovery Healing

- **Location:** In-person (McKinney, Texas) and online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Individual, couples, and group counseling
 - 3–5-day in-person intensives
 - Betrayal trauma and other women’s support groups
 - In-person and virtual options
 - **Phone:** (972) 540-9996
 - **Email:** info@intensivehope.com
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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LifeWorks Recovery Counseling Center

- **Location:** In-person (Dallas, Texas) and online
 - **Faith-Based:** No
 - **Programs and Services:**
 - Betrayal Trauma Support Group
 - Betrayal to Becoming – guided workshop
 - Betrayal Trauma Intensives
 - Couples Intensives
 - In-person and telehealth options
 - **Phone:** (469) 444-2787
 - **Email:** therapy@lifeworksrecovery.com
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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Michelle Mays — Authentic Hope

- **Location:** Online
 - **Faith-Based:** No
 - **Programs and Services:**
 - 12-week Braving Hope® coaching program for betrayed partners
 - Braving Together couples recovery program
 - Hope After Betrayal online community group
 - Self-guided betrayal recovery resources
 - **Phone:** (571) 442-1898
 - **Email:** admin@michellemays.com
 - **Website:** [Visit Website](#)
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Pathway Therapy Center

- **Location:** In-person (Walnut Creek, California) and online
- **Faith-Based:** No
- **Programs and Services:**
 - Two- to four-day intensive workshops
 - Individual and couples therapy
 - Support groups
- **Phone:** (925) 450-6155
- **Email:** eric@pathwaytherapycenter.com
- **Website:** [Visit Website](#)

Pure Desire Ministries

- **Location:** Online
- **Faith-Based:** Yes
- **Programs and Services:**
 - Betrayal & Beyond women's recovery groups
 - Counseling
 - Podcast and other online resources
- **Phone:** (503) 489-0230
- **Email:** info@puredesire.org
- **Website:** [Visit Website](#)
- **Reviews:** [Google Reviews](#)

Recover Restore Counseling

- **Location:** In-person (Palatine, Illinois) and online
- **Faith-Based:** No
- **Programs and Services:**
 - *Facing Heartbreak* betrayed partner recovery group
 - *Partners Healing* support group
 - Individual and couples counseling
 - Healing Trauma Women's Intensive
- **Phone:** (224) 801-1700
- **Website:** [Visit Website](#)

S.A. Lifeline Foundation

- **Location:** In-person (multiple locations) and online
 - **Faith-Based:** Spiritual – non-denominational
 - **Programs and Services:**
 - Gender-specific SAL Twelve-Step meetings for betrayal trauma recovery
 - In-person and virtual meetings
 - Betrayal trauma education and recovery resources
 - **Email:** web@salifeline.org
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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S-Anon

- **Location:** In-person (nationwide and international) and online
 - **Faith-Based:** Spiritual — Twelve-Step
 - **Programs and Services:**
 - Twelve-Step program for family and friends of sex addicts
 - Local and online meetings
 - S-Ateen meetings (for teenagers ages 12-19)
 - **Phone:** (615) 833-3152
 - **Email:** sanon@sanon.org
 - **Website:** [Visit Website](#)
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Seeking Integrity

- **Location:** In-person (Sherman Oaks, California)
 - **Faith-Based:** No
 - **Programs and Services:**
 - Four-day Empowered Women's Retreat
 - Virtual support groups and workgroups
 - Online individual support sessions
 - **Phone:** (747) 234-4325
 - **Email:** info@seekingintegrity.com
 - **Website:** [Visit Website](#)
 - **Reviews:** [Google Reviews](#)
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The Nathan Project

- **Location:** In-person (New Hampshire and Maine) and online
- **Faith-Based:** Yes
- **Programs and Services:**
 - For Women Only (FWO) spouse and partner support groups
 - 14-week S.T.O.R.M. betrayal recovery curriculum
 - Workshops and individual support
- **Phone:**
 - New Hampshire location: (603) 682-7828
 - Maine location: (603) 307-9241
- **Email:**
 - New Hampshire location: Vicki@nathanproject.net
 - Maine location: kittenrehill@fairpoint.net

- **Website:** [Visit Website](#)
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The Underground Ministry

- **Location:** In-person (Salisbury and Easton, Maryland) and online
- **Faith-Based:** Yes
- **Programs and Services:**
 - Spouse's Recovery Groups for women affected by a husband's sexual addiction
 - Facilitator-led peer support and structured recovery curriculum
 - In-person and virtual group options
- **Email:**
 - Salisbury location: jesus.myhope2012@gmail.com
 - Easton location: bahorner@hotmail.com
- **Website:** [Visit Website](#)

MOVING FORWARD

Healing looks different for everyone, and finding the right support may take time. We encourage you to explore the resources in this directory, ask questions, and consider which type of support best fits your needs and circumstances.

Wherever you are in the healing process, seeking support can be a meaningful step forward. Hope and healing are possible, and you do not have to navigate this journey alone.

Continue Learning

Sexploited in America explores the realities of sexual exploitation and pornography in America and the impact these issues can have on individuals, families, and communities.

[WATCH SEXPLOITED IN AMERICA →](#)

Additional Recovery Resources

For individuals seeking support for pornography use, sexual addiction, compulsive sexual behavior, or other unwanted sexual behavior, explore AGA's companion directory, **Finding Freedom: Recovery and Healing Resources for Unwanted Sexual Behavior**.

Stay Connected with All Girls Allowed

Learn more about All Girls Allowed's work, educational resources, and efforts to prevent sexual exploitation.

[VISIT ALL GIRLS ALLOWED →](#)

Help Us Keep This Directory Current

If you notice outdated information or know of a recovery resource that may be appropriate for inclusion, please contact All Girls Allowed at info@allgirlsallowed.org.