

Getting Past The Affair A Program To Help You Cope Heal And Move On Together Or Apart By Douglas K Snyder Donald H Baucom Kristina Coop Gordon

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Whether you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so you can understand what happened and why before deciding how to move forward. Based on the only program that’s been tested--and proven--to relieve destructive emotions in the wake of infidelity, this compassionate book offers support and expert advice from a team of award-winning couple therapists.

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Whether you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so. Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options.

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“Getting Past the Affair” deals with the immediate trauma of an affair, examines factors that made the relationship vulnerable to an affair and guides the partners in making decisions about the future. Anecdotes about a variety of couples add to the factual information and sage advice; the exercises are clear and realistic.

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Infidelity is one of the most challenging presenting problems for even the most seasoned clinician. This treatment guide stands alone or can be used in conjunction with the authors' excellent self-help book for couples, Getting Past the Affair. Integrating cognitive-behavioral, systems, and insight-oriented theoretical models, the approach is highly relevant for a wide range of therapists.

[Helping Couples Get Past the Affair: A Clinician's Guide ...](#)

Getting Past the Affair: A Program to Help You Cope, Heal, and Move On--Together or Apart By Douglas K. Snyder, Donald H. Baucom, and Kristina Coop Gordon. Copyright © 2007 Introduction Susan sat motionless in front of the computer. She didn’t know how long she’d been there and just stared at the screen in disbelief. “I

[Sample Chapter: Getting Past the Affair: A Program to Help ...](#)

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Getting Past the Affair helps them overcome the initial shock, understand what happened and why, and think clearly about their best interests before they act. Based on the combined insight of leading marital therapists and researchers, this unique program encourages couples and individuals to take things one step at a time, whether they stay together or part ways.

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“With every crisis there is an opportunity,” says Kristina Coop Gordon, co-author of Getting Past the Affair. “What Greg and Carrie have described is not just luck on their part as a couple. It is not uncommon for couples who have experienced infidelity to believe that their marriage is over.

[Getting Past the Affair — First Things First](#)

1 /2 16 reasons why you can't get over your partner's affair 16 reasons why you can't get over your partner's affair The cover for 'I Can't Get Over My Partner's Affair'

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