

Betrayal Recovery: Rebuilding Trust and Connection

24-Week Program toward healing After Infidelity for couples

Evidence-Based | Grounded in Gottman's Atonement, Attunement & Attachment Frameworks

Infidelity shakes the foundation of any relationship. *Rebuilding Trust and Connection* is a Gottman Method structured 24-week program designed to guide couples through healing, restoring trust, and reconnecting emotionally. Using proven principles this weekly therapeutic program provides a safe, supportive, and practical path to recovery.

Who This Program Is For:

- Couples who are navigating the aftermath of betrayal
- Partners struggling with emotional trauma, anger, or withdrawal
- Couples truly looking to rebuild trust and emotional intimacy
- Couples committed to doing the hard work of rebuilding after an affair

What You'll Learn:

- How to stop feeling stuck in cycles of anger, resentment, and blame after a betrayal
- Ways to repair emotional ruptures and take accountability without triggering defensiveness or shutdown
- Tools to rebuild empathy, connection and communication when it feels impossible
- Practical strategies to restore trust, manage triggers, and prevent repeated relational breakdowns
- Methods to reconnect and deepen attachment so your relationship feels safe, stable, and emotionally intimate again

This program is for couples who are ready to show up for each other every week and invest in the hard but deeply rewarding work of healing together. True repair happens at the pace of safety, and with consistent commitment, you can rebuild trust, deepen connection, and create a stronger, more resilient relationship.