

SHATTERED TRUST: A TRAUMA-INFORMED APPROACH TO HEALING BETRAYAL TRAUMA IN COUPLES

Presenter: Taylor Irvine, PhD, LMHC, NCC, ACS

**Friday, December 5, 2025 ♦ 12:00pm – 2:00pm EST
ZOOM Webinar**

Infidelity remains one of the most prevalent yet challenging issues in couple therapy. Often experienced as a profound form of betrayal trauma, infidelity creates complex psychological impacts for both partners, with the hurt partner frequently experiencing post-traumatic stress symptoms, including intrusive thoughts, hypervigilance, and emotional dysregulation. Despite its prevalence, many clinicians report feeling underprepared to treat infidelity, consistently rating it among the most difficult therapeutic issues. This webinar will provide a comprehensive, trauma-informed approach to understanding and healing betrayal trauma in couples. Drawing on current research, the presenter will examine the prevalence, risk factors, and relational consequences of infidelity through a trauma lens. Special attention will be given to the clinical challenges that frequently arise, including unresolved countertransference, heightened emotional reactivity, split alliances, and the need to maintain emotional safety while navigating intense relational dynamics. Participants will be introduced to an evidence-based framework for conceptualizing and treating infidelity as betrayal trauma, with practical strategies for guiding couples through the recovery phases. Emphasis will be placed on therapeutic pacing, interventions that foster trust repair and emotional regulation, and relational healing. Attendees will leave equipped with increased clinical confidence and evidence-based tools to effectively guide couples through betrayal recovery.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Taylor Irvine, Ph.D., LMHC, NCC, ACS is a Licensed Mental Health Counselor, National Certified Counselor, and Approved Clinical Supervisor in Florida with specialized expertise in couples therapy and infidelity recovery. She has extensive clinical experience working with diverse populations across various presenting concerns, including betrayal trauma and relationship recovery. Dr. Irvine is co-editor of *Infidelity: A Practitioner's Guide to Working with Couples in Crisis* (2nd Ed., Routledge, 2024) and is currently working on an upcoming clinician-focused volume on rebuilding trust after infidelity with Drs. John and Julie Schwartz Gottman. She has presented and published on infidelity recovery nationally and internationally, spotlighting culturally responsive and evidence-based methods across research, training, and practice domains. Currently, Dr. Irvine is collaborating with The Gottman Institute on an international study validating Gottman Method Couples Therapy for affair recovery, having also recently launched one of the first international studies examining factors that support or hinder recovery from infidelity. Dr. Irvine's work has been recognized with several awards, including the American Counseling Association's Best Practices in Research Award (2022), the International Association of Marriage and Family Counselors' Professional Research Award (2023), and The Professional Counselor Journal's Outstanding Scholar Award in the Concept/Theory Category (2025).

PROGRAM OBJECTIVES

Participants will be able to:

- Identify current findings in the infidelity literature, including prevalence rates, relational consequences, key risk factors, and common clinician challenges in treating betrayal trauma
- Apply a trauma-informed framework for conceptualizing and treating infidelity in couple therapy
- Implement evidence-based interventions to support couples navigating the affair recovery process
- Utilize reflective practices to address common therapeutic dilemmas and maintain ethical, effective treatment.

PROGRAM AGENDA

12:00pm – 12:15pm	Overview of infidelity as betrayal trauma: Literature review and clinical challenges
12:15pm – 12:35pm	Understanding betrayal trauma responses in infidelity cases
12:35pm – 1:00pm	Trauma-informed clinical framework and evidence-based interventions
1:00pm – 2:00pm	Effectively addressing common therapeutic dilemmas

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All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

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