

## Tragedy or Opportunity? Guiding Clients through the Aftermath of Infidelity

Working with couples in the wake of an affair can be challenging for even experienced clinicians. The raw trauma and betrayal that clients experience is difficult to witness, and it can be tempting to sit back and primarily act as a supportive listener. However, this does not move couples forward through the pain to create an even stronger connection with each other. In this invaluable seminar for those who already work with infidelity or hope to start, Dr. Samantha Rodman Whiten will help you understand why and how infidelity occurs, explore your own biases that may be impeding your work with infidelity, guide you through understanding multiple theoretical models of healing and repair, teach you practical strategies to normalize and validate your clients' experience, and provide you with concrete frames and tools to facilitate deep empathy and healing in your post-infidelity couples clients.

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify 5 common ways that couples present in session in the aftermath of an affair
2. Identify 3 of your own preconceptions and biases that may impact your ability to work successfully with a couple recovering from an affair
3. Name at least 5 variables that impact why infidelity occurs (including individual, couple, and societal-level variables)
4. Describe three different theoretical models of infidelity
5. Describe three stages of infidelity treatment and what needs to occur in each stage

### Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 12 PM

Defining Infidelity  
Meeting A Couple Post-Infidelity  
Why Did It Happen?  
What Do You Bring To The Table?  
Case Examples

15 min break 1:30-1:45p

Working Through It  
Beginning Of Therapy  
Middle of Treatment  
Ending Phase  
Resolution of Case Examples

End 3:15p

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Dr. Samantha Rodman Whiten runs the group telehealth practice Best Life Behavioral Health and is the founder of DrPsychMom.com, a popular website started in 2014. She received her BA from Columbia University in 2003 and her PhD from the University of Maryland at College Park in 2009. During her time at UMD, she conducted research in the areas of personality disorders and addiction. Dr. Rodman Whiten has been working with individuals and couples in private practice since 2009, and one of her specialties is couples with high conflict, infidelity, and intimacy issues. Her writing has been featured in The New York Times, The Washington Post, Psych Central, and The Huffington Post, among others, and she has written two books, *How to Talk to Your Kids About Your Divorce*, and *52 Emails To Transform Your Marriage*. Dr. Rodman Whiten's television appearances include *Nightline* and *The Today Show*, and she has recently started a podcast, *The Dr. Psych Mom Show*.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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