

Breaking Through Betrayal

**And Recovering
the Peace
Within**



Holli Kenley, MA
Marriage and Family Therapist

Breaking Through Betrayal And Recovering The Peace Within New Horizons In Therapy

M Walker



Breaking Through Betrayal And Recovering The Peace Within New Horizons In Therapy:

Breaking Through Betrayal Holli Kenley, 2009-12-01 This volume deals with the subject of betrayal and is appropriate as a self help aid for clients It also contains useful suggestions for therapists dealing with those who have experienced betrayal of trust Lucy R Ferguson Ph D member AFTNC Faculty Member and Dean Emerita CSPP Alliant University

The Relationship Fix Jenn Mann, 2016-10-13 Relationships aren't easy even the good ones If you are on the verge of a divorce or break up in a great relationship but want to take it to the next level or single and want to make sure your next relationship is better this book is for you Based on cutting edge research and almost three decades of clinical experience as a Marriage and Family Therapist in private practice Dr Jenn Mann teaches you everything you need to know have a deeper more satisfying relationship and the skills to fix one that isn't working Reading Dr Jenn's book is like sitting down with her for a personal session in her treatment room Using her tell it like it is approach Dr Jenn guides you through the six steps needed to get your relationship on track and helps you to Use conflicts to strengthen your relationship Create connection with your partner even if you haven't felt it for years Change bad patterns Recognize and know what to do when unresolved issues are hurting the relationship Negotiate effectively to get your needs met Make an effective apology using the four R's Learn to forgive Reignite your sex life The Relationship Fix is also filled with case studies and stories from Dr Jenn's clients on VH1's Couples Therapy with Dr Jenn and her popular radio show and on her own personal experiences

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Words on Cassette, 1997

Subject Guide to Books in Print, 1991

Mountain Air: Relapsing and Finding The Way Back... One Breath at a Time Holli Kenley, 2013-01-01 Deep down inside each of us knows what our truths are It is forgivable to lose them it is unforgivable not to reclaim them Mountain Air Relapsing And Finding The Way Back One Breath At A Time is a brutally honest personal narrative detailing a painful descent into relapse and a powerful journey back to recovering Without condemnation but with passion and purpose Mountain Air Embraces individuals who have abandoned their authentic ways of being for a life of personal neglect indulgence or self destruction Speaks to individuals who have betrayed their healing tenets the addict who has lost his sobriety the abused who has returned to her abuser or the codependent who continues to rescue the uncontrollable Reaches out to individuals who have maintained a life of stability and wellness but who are eroding over time and losing their sense of self and of spirit Mountain Air is for any individual who has experienced relapse and who is fighting to find his way back By inviting readers to take a journey with the author as she shares time tested lessons in the recovering

process By providing thoughtful and accountable exercises with each chapter that guide the reader in the reclaiming and sustaining of their truths Praise for Kenley s Mountain Air a personal memoir out of which she extracts principles that can be generalized to all who are in recovery inspiring them to take courage This poetic and nature infused account should become a standard for all therapists and all in the process of recovery David Van Nuys Ph D Emeritus Professor of Psychology Host of Shrink Rap Radio With Holli s inspiring personal journey from relapse to recovery and her challenging questions in each chapter the reader can examine self defeating behaviors and beliefs that block the natural ability to walk through change pain and difficult times Melissa Yarbray M A Marriage and Family Therapist Licensed Advanced Alcohol Drug Counselor Learn more at www.HolliKenley.com From Loving Healing Press www.LHPress.com *Taming Marital Arguments* Robert P. Rugel, 2010-01-01 What happened since the honeymoon Are you mad at your partner all the time Do you feel like your partner is selfish Do innocent conversations suddenly escalate into arguments Does your partner misinterpret what you say Do you feel emotionally distant from your partner If you answered YES to any of the above questions this book was written for you For more than 40 years Dr Rugel has observed how quickly spouses feel disregarded in marriage and respond in a manner that upsets the partner Their tranquil interactions then spiral into an unpleasant argument or into emotional distancing Based on concepts from family systems theory Dr Rugel guides the reader through the process of recognizing and avoiding these destructive patterns thus helping to bring the relationship back to harmony In this book you will Learn why spouses get stuck in repetitive useless arguments Explore why your partner might perceive you as the enemy Discover the behaviors that commonly threaten our partners Determine what you need to work on to improve your marriage Conquer your own defensive self protective tendencies Recover the friend and lover your partner used to be Therapists Praise for *Taming Marital Arguments* Dr Rugel offers a thoughtful and practical approach to acknowledging assessing interrupting and redirecting destructive patterns of marital communication while honoring the dignity of the individual by respecting past life experiences which influence each partner s underlying beliefs assumptions and thought processes Holli Kenley M A MFT author *Breaking Through Betrayal And Recovering The Peace Within Get Your Ticket Back To Marital Bliss* Learn more at www.BobRugel.com From Loving Healing Press www.LovingHealing.com FAM030000 Family and Relationships Marriage PSY041000 Psychology Psychotherapy Couples and Family PSY010000 Psychology Psychotherapy Counseling **Trust Again** Debi Silber, 2020-10-04 Recovering from betrayal can be hard but it can be done with grace love and dignity using the tips and tools in this warm and engaging book on learning to trust again You couldn t brace yourself because you never saw it coming Your sense of safety and security is shattered in an instant and the shock is imprinted on your body and mind Your heart breaks you feel like you got sucker punched and the pain is so raw consuming and overwhelming you can barely breathe Someone close to you possibly a family member partner or friend just pulled the rug out from underneath you lies you so easily believed and actions you dismissed because it never crossed your mind that the one you trusted the most could

ever hurt you You thought this person had your back You thought the two of you were honoring the same rules sharing the same moral code and respecting the same beliefs This was a person you loved trusted and believed This is what it feels like to be blindsided by betrayal During times of betrayal when we most need support sometimes the ones we would turn to first are the betrayers Other times we re saddled with shame and fear But it s during these times when we need to turn for help and learn to trust again This work offers support comfort and community to those struggling with feelings associated with betrayal and guides them to healing from a painful experience with betrayal Readers will learn about and move through the proven five stages from betrayal to breakthrough and will be lovingly guided with tools and strategies along the way They ll also learn how predictable healing can be as they read not only Debi s journey through betrayal but the stories of others who have learned to copy heal and move on from betrayal to a place of trust and well being Readers will identify with at least a few of the many people in the book who share their unique experiences In addition they ll learn about the three groups who didn t heal and be inspired to take a different course of action so that they can have a more positive outcome

Rebuilding Trust after Betrayal Gregory L. Jantz Ph.D.,2021-10-05 Practical advice for healing and repairing broken trust and relationships A best friend who undermines you A partner s infidelity A coworker that sabotages you or your workplace A relative who steals from your family Intimate betrayal strikes at the core of our capacity to trust and love crushing the fundamental expectation that gives us the courage to connect deeply the belief that the person we love wouldn t hurt us Whether the betrayal is through infidelity emotional abuse verbal aggression or domestic violence the psychological wound that cuts deepest is the perception that ultimately the person we love doesn t care about our well being So how can we heal from these wounds and even rebuild trust after betrayal God provides the strength guidance and peace to overcome your current heartache and regain joy And this handbook can help you do the hard work to walk on that path to healing Quickly Find the Information You Need on Repairing Relationships In this handbook you will learn What to do when someone has betrayed your trust or when you have betrayed the trust of someone else How to decide whether or not to repair the relationship and 10 daily steps to do so 3 essential elements of reconciliation And more 4 Key Features of This Christian Counseling Book on Healing Broken Trust Using real life stories biblical suggestions proven tips and practical steps that you can take today Dr Gregory Jantz will help you heal from broken trust or relationships Enjoy having these key features Simple summaries and easy to understand explanations Practical steps backed by science and by scripture Charts that show key information at a glance Relatable stories that show you how to apply its truth to your life Dr Gregory Jantz takes you step by step through how to rebuild trust after betrayal The same healing grace that knits broken bones and restores us to strength after illness is well able to reconcile wounded hearts and renew love for one another Trust God to guide you through the work of rebuilding trust and you will not only survive but will go on to thrive Perfect for Group and individual use Church library To hand to a friend Biblical and pastoral counseling

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In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Breaking Through Betrayal And Recovering The Peace Within New Horizons In Therapy**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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