

Three Stages of Infidelity Treatment Working in The Developmental Model

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Initial Stage: **Managing the Crisis**



Slow down the process



Each partner may be experiencing very different emotions so outline and **clarify their individual dilemmas**



Unless safety is at risk advise against acting upon urges to **make impulsive premature decisions**



Help them to **talk about what is going to happen now** and if they will continue living together



Actively **control communication** and don't get swept into a blame cycle



Ask yourself **“What is the developmental stage of their relationship?”**



Middle Stage Therapy:

Understand Why the
Affair Happened and
Build Emotional Capacity



This stage takes time as you work through the anger and betrayal so it's important to **help partners develop a stronger capacity to tolerate tension and uncertainty.**

Each person is working to develop an **understanding of the meaning of the affair(s)** and acknowledges the impact it has had on them.



When did the infidelity begin and with what types of lies?



Work to define and **resolve the individual issues that led to the infidelity.**



Develop an increased capacity for **honesty and authenticity in each partner**

Ending Therapy: The Decision-Making Stage

- **Work with the couple until they decide** to stay together or separate
- **Help them re-negotiate** clear agreements
- **What is their new relationship structure?**
Monogamy, Polyamory?
- Decide **how they will return to therapy** if desired by either partner.