



Top Ten Questions to Ask a Potential Couples Therapist Regarding Relational Healing & Betrayal Trauma: *How To Assess for Trauma Informed & Partner Sensitive Practitioners*

1. What is your focus in the early stages of couples therapy following a recent discovery of sexual and/or relational betrayal?
2. How do you conceptualize the role of attachment on a betrayed partner and couple recovering from betrayal trauma?
3. How do you conceptualize a betrayer's role in helping his partner heal after betrayal?
4. Have you listened to the Helping Couples Heal podcast? If so, is your approach to treatment of betrayal in alignment with the views expressed in the podcast?
5. What is your perspective on formal therapeutic disclosure and the use of a polygraph?
6. How does your understanding of brain science influence how you work with couples recovering from betrayal trauma?
7. How do you help couples establish the safety necessary to do deeper couples work after betrayal?
8. Do you conceptualize a partner's response to betrayal as safety seeking or as codependent/controlling?
9. Are you familiar with the work of Dr. Omar Minwalla? If so, what are your impressions of his work?
10. Do you have an understanding of integrity abuse, deceptive sexuality and the metaphor of the secret sexual basement? If so, what are your thoughts?