

Revised_Ep_7_Acronyms_Terms_Definitions_Middle_Recovery_Pa

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SPEAKERS

Pam B., Lyschel, Bonny

P Pam B. 00:05

Hi, I'm Pam Blizzard from recovered peace.

L Lyschel 00:08

And I'm Michele Burkett with hope, redefine.

B Bonny 00:11

And I'm Bonnie burns of strong wives. We're so glad you're joining us.

L Lyschel 00:16

Welcome to another episode of hope for wives. Today we're going to talk through the acronyms terms and definitions surrounding the topics of betrayal, addiction, and couples recovery. We will specifically focus on the middle stages of discovery and healing. You may have heard a previous episode where we discussed the early stages of recovery. Today we're going to focus on the one to three years post disclosure slash recovery. In future episodes, you will hear us share acronyms, definitions and terms that are common in the later stages of healing. Bonnie, can you begin by telling us why we need to understand these terms and acronyms?

B Bonny 00:57

Sure. Well, first Knowledge is power. And learning these words is a way to help you get ahead of the game in your recovery journey. I mean, anytime you start a new hobby or a new career, there are new words to learn new words to learn, you know, a new vocabulary. Like when I started to learn how to play the piano, there were words like fortissimo and Allegra that I had to learn the meaning of so that I could apply them. So we hope that these words, helping you understand their definition will help you move down the path in your recovery a little quicker.

L Lyschel 01:30

So I'm going to kick us off by talking about the betrayed partner and some of the terms that are attached to that particular person in the recovery process. So individual terms that we had that we've brainstormed together around our, I'm going to list them out, and then I'll give you a little bit of extra words around them as we go through them. One common term that a lot of women are not familiar with is the term PTSD, and also C PTSD. So PTSD stands for post traumatic stress disorder. And C, PTSD stands for complex post traumatic stress disorder. And so post traumatic stress disorder, Scientists call this there's an automatic threat response that's attached to fight flight or freeze. And so we've I think, in culture, we're pretty familiar with that particular phrase, the fight flight or freeze. And sometimes this response doesn't disappear when the threat disappears. And so when that happens, that threat response can hang around too long, and create additional problems for an individual who's experienced that trauma. And when this happens, that's when the diagnosis of PTSD is given to somebody. And it is we have a lot of backing and support from individuals that help us understand that many, many women who navigate sexual betrayal actually do experience PTSD, but frequently are not diagnosed with this, which means their care looks a lot different. So that's one of our first ones. The C, PTSD stands for complex, which would indicate that there's been multiple traumas and a

person's story. And so many times you'll have sexual trauma, abuse, maybe even familiar trauma that happens at a younger age, and then compounds with additional traumas in your story. Another word that we use a lot at this stage of healing, this one to three years is the word boundaries. I think we talked a little bit about boundaries, even in our last, our last podcast, when we talked about acronyms and terms, but boundaries are actually designed to create safety for the person who needs the boundary. They're not actually created to offer control, they're actually a space to say, hey, I need to keep my value system safe. And so this is what I'm going to do to keep it safe. The next one is self awareness. This is a new word. A lot of people are like, what does that mean? Self awareness is essentially it's just mindfulness. It's paying attention to yourself, it's learning about yourself. Another word that's really common in this stage is grief. Many, many women don't actually ever understand that there's a space for them to grieve. And so when they start to step into some recovery at that 123 year mark, Grief can be a very common term that needs to be explored for them self care. And I think that self care is a part of our self awareness, which plays into mindfulness, they kind of all stick together there. And one another term that's really, really used, often you may start to hear is the word partner. You'll hear this often, especially if you're working with individuals who are associated with upsets or other betrayal, trauma, styles of care, and this is referring to the partner of the sexually addicted. Now I'm going to move into support types. I'm not going to cover every support type because honestly, there are some that overlap between a partner and someone who is struggling with a problematic sexual behavior. So Pam's gonna carry on some of these in a minute. But let me give you a few support types. The first is individual support types. And the term APSATS. We talk about this organization quite often. And it's because we as a group, believe that they are pioneers in this space and helping to educate clinicians and coaches to work with a model that really ministers in the way of betrayal trauma. And so app sets is a certification that you can look for in a professional as you're thinking about support types around this year 1-2-3. I mean, honestly, you can look out for them in the early stages too, but we're just going to bring them back in for one to three. Another term you could look for is betrayal trauma specialist. Individuals who get their certification with APSATS are called Certified Partner, clinicians, or certified partner coaches. So those are some other terms that you might be looking for. Another support type that we are no is supportive of women is EMDR. But I'm going to let Pam talk a little bit more about that in a minute. You might hear things like CBT DBT, in our DBT. And each of these is really associated with a behavioral therapy type. So cognitive behavioral therapy, so on and so forth. Other support terms would be fanous, which is a check in steals, stands for feelings, affirmations, needs, ownership sobriety, some friends of ours, Joanna Matthew, Rob Smith, they have also in Dan Drake have come out with a new one called Honest, can't wait, I hope we can share that on the podcast in the future. But it's another check in type that's super, super honoring for the whole process. Another support type you might hear about is brain spotting. Again, I'm gonna let Pam talk about that one a little bit more. So alright, so and then I'll just talk briefly about tools that might be showing up. I mentioned the fantasy, I think that's kind of a tool. But it's a support type tool, because it comes with both. It's supporting both for the addict and the betrayed partner. But tools that you might care about, or tools that you need to establish for yourself. And this middle range of one to three years, is sometimes you'll hear the phrase boundary plan, or a boundary, just establishing boundaries, but having a plan for things, you might need to hear about a relapse or slip plan. You could hear this The term safety plan, other tools could be a self care plan. And these are all things that you can work with your professionals and supporting individuals, but also even in just some of our resources that we have. So if you're looking for individual resources for you as a betrayed partner, something that's tangible that you can walk away with a book, something like that, and maybe even other podcasts, I'd really encourage you to consider looking at our website, the hope for wives.com for a list of resources there, and then even our individual websites that each of us carry us hostesses. Alright, so now we're going to move over to Pam. Pam, do you mind sharing the acronyms terms and definitions connected to an individual who's struggling with a problematic sexual behaviors?

P Pam B. 08:32

Sure. One of the first and major terms you may hear is an FTD, or a full therapeutic disclosure. For the addicted person, this is an important part of their recovery. And what this is, is when the addicted person is working with a therapist who has earned their trust, and shown themselves to be compassionate, the addicted person then begins to lay out their sexual history, and maybe some family of origin history. And this can be therapeutic in many, many ways that allows them to become honest. It allows them to become open. And in the process, they begin to see the depth and the breadth of their history. And it's in front of them all at once. And it really it helps to get them out of denial, because denial is a big problem with any kind of addiction. It gets them out of denial that some of the cognitive distortions that they have that all my behavior doesn't really hurt anybody. It doesn't hurt me, it doesn't hurt anybody else. But being able to see their full disclosure. It kind of hits them in the face that yes, this this really is something that needs to be addressed. And in full therapeutic disclosure with a compassionate therapist the day person begins to experience honesty and emotional intimacy with a safe person, a non judgmental by unbiased person and the therapist. And so they begin to experience what that feels like. We talked in a previous podcast about intimacy anorexia, the inability to be emotionally intimate. So the solution to that would be emotional intimacy. And there's different ways besides the work that they do with a therapist. There's other types of therapy like CBT, cognitive behavioral therapy DBT, Dialectical Behavioral Therapy, where they begin to get in touch with our own emotions, and they begin to develop an emotional tolerance and skills to to process their emotions, they need to be able to process their own emotions before they can share them with other people, and experience other people's emotions. Also, during this time, the addicted person would be working on developing relational skills. In other words, the ability to express their own feelings and thoughts and needs in a safe way, and then also be able to receive that from their partner working through conflict resolution in safe ways. Also, during this phase of the recovery, the addicted person is going to be encouraged to develop a more comprehensive self care plan. And that includes, are they sleeping, right? Are they eating right? Are they getting enough physical exercise? Are they taking care of their spiritual selves? Many times addicted people do neglect their own self care, because they're so focused on their addiction, some of the support types available for the addicted person in the recovery.

L Lyschel 11:57

So Pam, I know that one of the support types that is oftentimes encouraged at this stage, either for a partner, or someone struggling with the sexual addiction is what we call EMDR. Can you tell me a little bit about what that is? Sure, what is EMDR stands for

P Pam B. 12:15

EMDR stands for eye movement, desensitization reprocessing, and basically what it is when we experience a traumatic event. Normally, under normal circumstances, the brain would process through that traumatic event, the body's responses would release chemicals like adrenaline, and normally those things would normally dissipate. But in betrayal, trauma and certain other traumatic events that the addicted person may have experienced, that trauma kinda gets stuck in our brain doesn't get to go through the normal process. And it's really the brains way of protecting us from what we think our brain thinks we can't handle. And so in order to reprocess that trauma, this type of therapy, and there's some other therapies out there like brain spotting, and other therapies that help you reprocess that trauma, and allows the normal processes to take over and allows the brain to naturally heal through those processes.

L Lyschel 13:26

So do you find this oftentimes connected to someone with the diagnosis of PTSD, or other previous traumas that have never been experienced, like never thought through? And I say processed meaning in a therapeutic or professional way? Is this a modality that's oftentimes encouraged?

P Pam B. 13:43

Oh, yes, absolutely, and very effective. And I can speak to a personally it was very, very, very effective as a game changer for me. And I've heard other betrayed spouses report that this was very effective for triggers. And it also addresses beliefs that get stuck. due to trauma that I can't trust my husband, my husband will never be honest. Recovery doesn't work some of those beliefs that gets stuck, it helps change those beliefs and release them so that we can move forward and process through them in a healing way.

L Lyschel 14:24

I've heard this referred to EMDR referred to as a junk Tor clean out. If you've ever had a junk drawer in your house, right? It's there's total chaos and madness. And you don't even know how half that stuff got there. And so EMDR is this opportunity to start cleaning it out a little at a time and then reorganizing it. So you're taking the chaos and bringing it into a space of organization?

P Pam B. 14:47

Yes, that absolutely fits.

L Lyschel 14:51

So what kind of tools when an individual that problematic sexual behavior, need to start to invest in or seek out in this mid range 123 years,

P Pam B. 15:03

I believe you should definitely still be working with certified sex addiction therapists to help assess what those needs are, and then guide him in those directions. They could be CBT cognitive behavioral therapy, there could be other forms of trauma therapy, somatic or body therapies. Radical Dialectical Behavioral Therapy, which is kind of like talk therapy, but again, addresses mindset and beliefs that may or may not be true, and develops new skills and capacities, to deal with conflict to deal with difficult emotions and thoughts, and to process through them in a healthy way, rather than turning to the addiction, also really helpful during this phase of recovery for the addicted person is continued group interaction, and to help keep them out of

isolation to help keep them connected with other people who are also on this path of recovery. They're all working towards the same goal. They all share similar struggles. And again, it's to stay out of isolation. And group can be incredibly helpful and healing in this stage.

L Lyschel 16:28

Bonnie, can you share some terms and other common definitions surrounding the couple's ship and that recovery process?

B Bonny 16:36

Yes, happy to. So the first two terms are slips and relapse. So when the addicted person breaks, their abstinence plan does an acting out behavior, it can be a slip, if it was unintentional, and a single one time event, or it can be considered a relapse. If it was more intentional, it was kind of proactively thought out. It can be a one time event or relapse could be really and of course, it depends on the couple ship to what your definitions are. Because when you come to boundaries and those kinds of things, you have to have a common definition of these things that you both understand. But a relapse can also be successive slips, because there's a reason or those slips are happening. And that needs to be explored. The person with the addiction needs to figure out why that's happening. But so slips and relapses are terms that you will hear a night another term is the 90 day sex fast. And really, this is more for the early recovery. But I failed to mention it last time, so I wanted to stick it in here. So a 90 day sex fast is just what it sounds like you and your husband refrain from having sexual contact for 90 days. And some couples choose to implement this and others don't. Other things relational skills. Pam, Pam alluded to this relational skills are how that you can connect in a safe way without triggering each other relational skills include conflict management, and beginning to equalize the power differential and Jake, Jake Porter has a great coaster, YouTube that describes the power differential that goes on right after discovery, but relational skills as you as you become more equal partners in this recovery journey, relational skills and conflict management are really important. And then there's attachment repair, or relational repair, because there's been a huge rupture. We talked about that last time repair is learning what each other's love languages, repair is for the for the person with the addiction, it is owning and taking responsibility for their acting out and their addiction in the past, or the person, the partner repair could be owning that you were triggered and you were highly angry. owning it doesn't mean it's wrong. But owning it and acknowledging it is a repair and then there's healthy functioning attachment and I wanted to read some things that I I don't often use Facebook as a resource. But this was really good. It was about intimacy. Healthy intimacy is that I allow you to experience whatever you are experiencing without needing to change or fix it. Healthy intimacy is that I asked you for support when I need it. And I don't lash out if it's not available. And the way I need it. Another statement for healthy functioning attachment is that I have standards and boundaries. I'm already valuable and worthy. I'm not here to be your therapist, your fixer or your caretaker. And I choose to be with you every day just as you choose to be with me. So those are just some ideas of what the healthy functioning attachment looks like. So support types for a relationship in one to three years of recovery. Is marriage counseling appropriate here? Well, that kind of depends on where you both are at. There cannot be manipulation in the relationship anymore by the addict. Because if you go to an LMFT that we talked about before, licensed failing marriage therapist, and they aren't savvy to addiction, especially sex addiction, there could be an imbalance of power in the office. And it's not necessarily advised. However, I think we also mentioned in the other podcast that some LMFTS RC SATs or AP SATs and they would be very, very good tool, very good support tool at this point. tools that you can use in your couple ship at home, Michelle's already mentioned fanhouse Any kind of check in with each other where you're sharing your feelings. You're sharing where you are in your recovery. Those are really important. I know that redemptive living has a check in. So they're they're out there, you can just do some Google searching and find them. Another really important tool is learning to hold space for one another. And when you're in 123 year range of recovery, relational skills help you learn to pause. And to allow your partner to talk about some hard things without the reaction. I call it the one minute, the one second pause, you don't have that knee jerk reaction, you stop. And you wait, you don't make assumptions. And you just hold space, you hold a clear non judging mindset for them to speak. Also, for the couples ship, especially for the person with the sex addiction, there is b See our validate connect and reassure to be doing when he maybe sees a trigger. And the partner, there's also be a R, which is validate, affirm, reassure. And I know Carol, the coach talks about that some. And then there's another one B A S E base, which is validate assure safety and empathy. Those are all two behavioral tools that you can do to help create safety within your couples ship. And you know, aside from a marriage counselor, if you're getting down the road, and you're you're wanting to sexually reintegrate, and learn what a healthy sexual life looks like, and you've had either one of you have had trauma in your childhood, that type of thing. a sex therapist may be a resource for you. And so those are, those are the terms definitions and acronyms that we thought were important for you to know as a couple ship. Is there anything else you guys think that should be added? Here, I'm really open to feedback.

L Lyschel 23:45

I think one of the things I would contribute just to the thought process is that both Pam and Bonnie talked about relational skills and how important they are specifically to the repair of the couples ship. And also the repair of, you know, a skill that's being given. It's not just necessarily that the addict is the only person with a relational deficiency. Partners can have that as well. And so that is one of the that is one of the places that marriage therapy can be a huge asset for oftentimes, you know, marriage therapy starts with learning how to communicate letter better do conflict management, how to fight fair, those types of things

that are relational, a LMFT can be a great, great support system for those types of skills. As long as you're in there understanding, they may or may not be able to support you with the aspects of trauma and betrayal and sex addiction. And so if you can make that distinction as you're doing your work with your particular provider. I think that's a big help.

B Bonny 24:48

And you can absolutely go in there telling them this is where we're at. And this is what we need. And also because I think the dynamic that happens is Is the addiction isn't brought to the forefront is there'll be a ganging up kind of on person who's bringing the grievance that complaints, right? Yes, yes. And that can happen. But but love shells absolutely right. They can be invaluable as long as the parameters are correct.

P Pam B. 25:23

Well, and the reason Emotionally Focused Therapy I think was so helpful for us. And I've seen it helpful for other people. I'm just going to read from their website that attachment views human beings as innately relational, social and wired for intimate bonding with others, the EFT model prioritizes, emotion, and emotional regulation as the key organizing agents and individual experience and key relationship interactions. And what we know with betrayal is that it's a significant attachment wounding and we're EFT is very helpful is it teaches people to recognize the emotion in each other, acknowledge those emotions, and make the repair where there's wounding, and you know, in even in traditional relationships or relationships, not affected by betrayal or sex addiction, there's you know, there's there's a constant push pull, we step on each other's toes accidentally or, you know, bump into each other's needs. There's little wounds, right that we have to make repairs for. This has been helpful for us, in a gave us language that was non blaming and non shaming to talk about, hey, I have a wound or hey, I'm coming to you for comfort and connection, making it very explicit. Instead of saying, Well, if he loved me, he would just know what I need, he would see I'm upset GM and comfort me, it gave us this language and framework to just be able to say to each other very explicitly, this is what I need from you. Can you give it to me? Oh, sure. Yes, let me come and hold your hand and look into your eyes and say, I'm here. I'm not going away. I'm here for you. There's a website, hold me tight online for couples to go and sign up individually, and do some digital education and watch videos and then do some self reflecting, and then come together. So it's a pretty good resource.

L Lyschel 27:25

Yeah. Well, ladies, thank you so much for bringing wisdom knowledge experience to this conversation and helping us to really expand on acronyms terms and definitions as part of the middle stage of recovery. As usual, we always want to leave you with some hope. And I think the hope that we've discovered in this is that knowledge is power. And it also contributes to our personal awareness. Personal awareness is one of the first areas we have to grow in order to know how to navigate our personal recovery journeys. Ephesians 514 says awake sleeper and arise from the dead in Christ will shine on you. Our hope for you is that this information is awakening you and gives you an understanding of what is available to you, because we believe that healing is possible. Yes, amen. Thank you again for joining us. We hope to be a bright spot in your recovery journey. If you'd like to leave a question or comment, please go through the contact button on our website. Also help a friend by leaving a five star review on iTunes so others can find us. Thank you

P Pam B. 28:38

the next time