



Beth Fischer

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INFIDELITY CAUSES BETRAYAL TRAUMA AND PTSD IN BETRAYED PARTNERS THAT MARRIAGE COUNSELING IGNORES

ORLANDO, FL – December 15th 2024, Founder of Healing Families LLC and The Betrayal Trauma Healing Method®, Beth Fischer reveals the science-backed reasons how infidelity causes betrayal trauma and PTSD that dysregulates the nervous system of the betrayed partner. Unaddressed it puts the betrayed partner into a damaging fight or flight survival stress response.

Most often marriage counseling ignores the betrayed partner's PTSD. It also blames the betrayed partner for not being "cooperative" or labels them as "the problem" being unable to forgive and forget – when the real culprit is untreated PTSD.

Fischer asserts that no human can let traumatic events go, especially betrayal - until they feel safe enough to do so. It's simple biology. After discovering infidelity, the betrayed partner's entire reality unravels and dysregulates their nervous system. "Betrayal trauma manifests physically in the body in the form of tension, anxiety, hypervigilance, appetite changes, hyper-sensitivities, and sleepless nights," asserts Fischer.

Before the reconciliation process can begin the betrayed partner's trauma and PTSD must be addressed and treated. Otherwise, the deep emotional wounds it caused never heals and the marriage remains dysfunctional with two wounded people soldiering on repeating destructive life-long cycles of pain.

The Betrayal Trauma Healing Method® offers prescriptive life-changing techniques facilitating deep individual healing providing both the betrayed and unfaithful partners a functioning roadmap to self-recovery, boundary setting, emotional clarity, personal empowerment and so much more.

Assets: To download photos, please visit the following link: <https://coachbethfischer.com/press>.

About Beth Fischer

A survivor of betrayal trauma, Fischer knows the debilitating constant panic, emotional dysregulation, draining fatigue, and never-ending triggers that are all recognized symptoms of betrayal trauma and PTSD after discovering her husband's multiple affairs. After expensive failed attempts at marriage counseling, she took healing into her own hands and discovered a better way to recover from betrayal trauma after infidelity. Since 2021 more than 8,000 clients have gone through the Betrayal Trauma Healing Method® and Fischer has a months-long waiting list for one-on-one sessions.

"My husband and I created a new marriage on the other side of the pain. First individually and then as a couple. Today we share a deep passion for each other, our family, and our life together," said Fischer, who

holds a master's degree in counseling and is a certified Betrayal Trauma Specialist with accreditations in Root Cause Therapy and Neuro-Linguistic Programming.

About the Betrayal Trauma Healing Method®

A groundbreaking and profound shift from ineffective marriage counseling techniques after infidelity, the Betrayal Trauma Healing Method® offers science-backed proven paths to healing with a trauma-informed approach that fully supports both the betrayed and the unfaithful partner.

Gentle trauma-informed methods work for both betrayed and unfaithful partners and focus on healing the individual first. Then as two independently healthy individuals, the reconciliation process can begin to build an entirely new marriage, stronger and more authentically loving than before.

For more information on Beth Fischer and the Betrayal Trauma Healing Method® visit Instagram [@your_family_needs_you](#) or <https://coachbethfischer.com>.

Beth Fischer is available for interviews, appearances, panels, and special events.

For images and interview requests please contact: Press@CoachBethFischer.com.