Local Rehab Announces Innovative Trauma-Informed Care for Betrayal Trauma Survivors

September 03, 2025

SARASOTA, FL - September 03, 2025 -
August 23, 2025 ? Clean Recovery Centers, an addiction and mental health treatment facility based in Sarasota, Florida, has announced a renewed commitment to helping people heal from betrayal trauma. This form of trauma is often described as especially painful because it comes from the very people who were supposed to provide love, safety, and support. As the center?s recent article explains, ?betrayal trauma is not just a painful experience; it disrupts the very foundation of trust and attachment.?

The effects of betrayal trauma can be far-reaching and deeply personal. In 2024, nearly 2,000 children entered the foster care system in Hillsborough County, many due to abuse or neglect from caregivers. On a national level, studies suggest that between 20 and 40 percent of marriages in the United States experience infidelity. Both of these examples show how common betrayal can be, and how devastating its emotional and psychological impact often is.

Clean Recovery Centers has seen how survivors of betrayal trauma can struggle with both emotional and physical symptoms. The organization notes that ?common symptoms include chronic self-doubt, hypervigilance, difficulty forming healthy relationships, emotional numbness, guilt, and intrusive thoughts.?

These are not minor difficulties but challenges that can affect every part of daily life. Physical symptoms can also appear, with survivors often reporting ?headaches, digestive problems, fatigue, and insomnia.? This combination illustrates how betrayal trauma does not just live in memories but also embeds itself in the body.

To help address these challenges, Clean Recovery Centers has developed a trauma-informed program that uses specialized therapies to target the root of the pain. Eye Movement Desensitization and Reprocessing (EMDR) helps people reprocess difficult memories so that they carry less emotional weight. Rapid-Resolution Therapy (RRT), available at every Clean location through certified practitioners, ?works by reframing traumatic memories using guided imagery and metaphors so the brain no longer associates them with emotional distress.? Exposure therapy provides another valuable option, creating space for survivors to gradually face memories and triggers in a way that feels safe, giving them the opportunity to regain a sense of control.

These therapies are part of Clean Recovery Centers? larger philosophy: healing does not happen overnight, and progress is best made in stages. The center?s structured three-phase model, which includes Preparation, Action, and Maintenance, ensures that betrayal trauma care is woven into a long-term plan for recovery. This allows clients to move forward steadily while receiving consistent support. For many, this process also includes treatment for substance use, co-occurring mental health conditions, or the long-lasting effects of post-traumatic stress.

?Betrayal trauma rewires how people view safety and trust,? said a spokesperson for Clean Recovery Centers. ?Healing begins when a sense of safety is restored. That first step may come from a place of deep hurt, but it can lead to renewed strength, connection, and resilience.?

The center emphasizes that treatment is not only about managing symptoms. It is also about restoring confidence in personal judgment and rebuilding self-trust. As the blog explains, ?survivors often experience a profound loss of self-trust, making it difficult to distinguish healthy relationships from harmful ones.? Clean Recovery Centers supports clients as they rebuild not only external relationships but also the inner relationship with themselves, which is often the foundation of lasting recovery.

With multiple locations across Florida, Clean Recovery Centers offers a full continuum of care that ranges from detox and residential programs to outpatient services and alumni support. This structure ensures that healing does not stop when a treatment program ends but continues as part of an ongoing recovery plan. The presence of certified rapid-resolution therapists and trauma-informed staff at every location reinforces the center?s commitment to addressing betrayal trauma as a core part of its services.

?Betrayal trauma is not a life sentence,? a member of the clinical team emphasized. ?With the right support, healing is possible, trust can be rebuilt, and life can move forward.?

For more information or to connect with a counselor, contact Clean Recovery Centers at (888) 330-2532 or email help@cleanrecoverycenters.com. Healing begins with a single call.

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For more information about Clean Recovery Centers - Sarasota, contact the company here:Clean Recovery Centers - SarasotaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com6000 Deacon PlSarasota FL 34238

Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental health conditions are common for those with substance use disorder. In this phase, called action,

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