



NOVUS MINDFUL LIFE INSTITUTE
FAMILY COUNSELING AND RECOVERY

Novus Mindful Life Institute Expands Availability of Betrayed Partners? Therapy Group to New Communities

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Novus Mindful Life Institute Family Counseling & Recovery has announced the expansion of its Betrayed Partners? Therapy Group, a specialized support and counseling program designed to help individuals heal from the emotional and relational impact of betrayal trauma. This expansion will allow more people in additional communities to access a safe and structured environment for recovery after experiences of infidelity, sexual addiction, or other breaches of trust in intimate relationships.

Since its founding in 2008, Novus Mindful Life Institute has provided evidence-based treatment for individuals and couples facing relationship crises. The Betrayed Partner?s Therapy Group was developed in recognition of the profound emotional distress and psychological strain that partners often experience when trust in a relationship is broken. The program offers guided therapeutic support that addresses feelings of shock, anger, grief, and disorientation, with a focus on rebuilding personal stability and self-worth.

Betrayal trauma can have long-lasting effects, often impacting mental health, physical well-being, and daily functioning. Partners may struggle with anxiety, depression, intrusive thoughts, and difficulty trusting others.

These challenges are frequently compounded by feelings of isolation, as individuals may feel unable to share their experiences with friends or family. The Betrayed Partner's Therapy Group offers a confidential and nonjudgmental space where participants can speak openly about their experiences and receive guidance from trained therapists and peers who understand the complexity of this form of trauma.

"Our work with betrayed partners is grounded in empathy and clinical expertise," said Duane Osterlind, Co-Founder and Clinical Director of Novus Mindful Life Institute. "Healing after betrayal is not about forgetting or minimizing what happened. It is about helping individuals regain their sense of self, rebuild emotional safety, and move forward with clarity—whether that is within the same relationship or on a new path."

The program's group format enables participants to connect with others who are navigating similar challenges, reducing the sense of isolation that often accompanies betrayal trauma. Sessions are facilitated by licensed therapists who guide discussions, introduce coping strategies, and help members process their emotions in a supportive and structured manner. This approach ensures that participants receive both professional guidance and peer validation, which can be instrumental in recovery.

Each session may include a combination of psychoeducation, skill-building exercises, and guided conversation. Psychoeducation helps participants understand the psychological and physiological effects of trauma, while skill-building focuses on developing practical strategies for managing anxiety, setting boundaries, and improving self-care. Discussions encourage members to share their experiences at their own pace, with confidentiality and respect as foundational principles of the group environment.

A distinctive feature of the Betrayed Partner's Therapy Group is its integration into a larger framework of relational and individual healing services. Participants may also choose to engage in individual counseling, couples therapy, or other specialized programs offered by Novus Mindful Life Institute. This coordinated approach ensures that recovery is comprehensive, addressing both immediate emotional needs and long-term relationship goals.

The expansion of this program reflects a growing recognition of the unique needs of betrayed partners and the importance of specialized care. While support for individuals struggling with addiction has become more widely available in recent years, resources for their partners have often been limited. By broadening the reach of the Betrayed Partner's Therapy Group, Novus Mindful Life Institute aims to fill this gap and provide accessible, high-quality support to a wider audience.

The therapeutic process acknowledges that recovery from betrayal is highly individual. Some participants may seek to repair their relationships, while others may choose to separate. The group supports all paths to healing, with the central focus on helping each person reclaim a sense of agency and emotional well-being.

This includes fostering resilience, enhancing communication skills, and reinforcing the belief that life can hold meaning and fulfillment after betrayal.

Participants in the program often report that the group's shared environment is one of its most valuable aspects. Hearing others articulate similar feelings and challenges can normalize the recovery experience and inspire hope. Over time, many members build connections that extend beyond the group sessions, offering continued encouragement and accountability as they move forward.

The program also addresses the practical challenges that betrayal trauma can create. This may include managing the emotional impact while caring for children, navigating complex financial situations, or making decisions about shared living arrangements. Therapists help participants prioritize self-care, make informed choices, and access additional resources when necessary.

By expanding the Betrayed Partner's Therapy Group, Novus Mindful Life Institute reinforces its commitment to treating relationship crises in a way that honors the experiences of all individuals involved. The organization recognizes that the partner's healing journey is distinct from, but equally important to, the recovery process of the person who engaged in the betrayal. This perspective is embedded in the program's design and delivery, ensuring that betrayed partners receive the validation, guidance, and tools they need to rebuild their lives.

The expansion also strengthens collaboration with other mental health professionals and community organizations. By working closely with therapists, counselors, and healthcare providers, Novus Mindful Life Institute can ensure that individuals referred to the program receive timely and appropriate support. The organization continues to prioritize early intervention, believing that prompt access to specialized care can mitigate the long-term effects of trauma and improve overall outcomes.

Sessions are conducted in a confidential, respectful environment where participants can speak without fear of judgment. The therapists who lead the group are trained in trauma-informed care, ensuring that discussions are sensitive to each participant's emotional state. While sharing is encouraged, it is never required, and each member can choose how much they wish to disclose at any given time.

Over time, the Betrayed Partner's Therapy Group has evolved to reflect current research on betrayal trauma and effective recovery practices. The program incorporates strategies supported by clinical studies, including mindfulness techniques, grounding exercises, and relational boundary-setting. These tools are designed to help participants manage distress, reduce intrusive thoughts, and regain a sense of personal control.

The decision to expand this service is part of a broader effort by Novus Mindful Life Institute to address the interconnected nature of relationship challenges. The organization views healing as a multi-layered process

that benefits from addressing all affected parties, not just the individual who engaged in the harmful behavior. This perspective aligns with the institute's mission to promote recovery, connection, and hope through specialized, compassionate care.

With greater accessibility to the Betrayed Partner's Therapy Group, more individuals will have the opportunity to begin the healing process in an environment that is both supportive and clinically informed. Whether participants choose to rebuild their relationships or move forward independently, the program offers the tools, insights, and encouragement necessary to navigate the challenges ahead.

For further details about clinical services, practitioner credentials, and scheduling availability, please visit the Novus Mindful Life website. Visit their site to learn more and take the next step toward care.

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Novus Mindful Life Institute provides sex and pornography addiction therapy, betrayal trauma counseling, and relationship support in Garden Grove.

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