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TRANSCENDING POST-INFIDELITY STRESS DISORDER (PISD)

The Six Stages of Healing

By Dennis Ortman, PhD

A Psychologist Uses Post-Traumatic Stress Disorder as a Model for the Wounded Partner to Explore Rage and Emotional Pain and Learn the Secrets of Recovery.

With an increasing amount of stress placed on relationships due to tighter budgets, job losses, and the threat of losing a home, couples are finding it harder than ever to work together during tough times. Sadly, these crumbling relationships may contribute to the estimated 60% of men and 40% of women who will have an affair at some point in their marriages.

In **Transcending Post-Infidelity Stress Disorder (PISD)**, Dennis Ortman likens the psychological aftermath of sexual betrayal to post-traumatic stress disorder (PTSD). The wounded partner experiences many of the same symptoms as American soldiers returning from the Iraq war, including anxiety, irritability, rage, emotional numbing, and flashbacks. Using PTSD treatment as a model, Dr. Ortman presents steps to recovery from the pain of infidelity that includes spiritual exercises, such as guided meditations and journaling. With the author's PISD system, readers will find a structure to help them categorize emotions, face their rage, make important life decisions, and find wholeness, peace, and forgiveness.

About the Authors

DENNIS ORTMAN is a psychologist in private practice in Detroit, Michigan. He was a Catholic priest for 14 years and has now been married for 18 years. He is the author of *The Dually Diagnosed* and *The Dual Diagnosis Recovery Sourcebook*. He is available for interviews. Visit www.dennisortman.com for more information

Transcending Post-Infidelity Stress Disorder (PISD): The Six Stages of Healing
by Dennis Ortman, PhD

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