Are you PISD?
Counseling clients who have experienced Post Infidelity Stress Disorder

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Post Infidelity Stress Disorder

- Intrusive images
- Ruminating thoughts
- Anxiety
- Sleep problems
- Unable to focus

- Erratic behavior and mood
- Rage
- Risky health compromising behaviors
- Health problems
Why we should care

- Susan Smith
- Tiger Woods
- Kate Spade
- Trust

- “I’m not upset that you lied to me, I’m upset that from now on I can’t believe you.” — Friedrich Nietzsche
Suicide

- 42% - Relationship problems
- 29% - Recent crisis

#vitalsigns, June 2018, CDC
Why is this important in counseling?

- #1 Predictor of Happiness – Quality of intimate relationship
- Betrayal effects everyone
- Counter-transference
- In last 10 years:
  - The Family Journal = 4 articles, CES=0, JCD=2
Non traditional affairs

- Internet (Vossler, 2016)
- Open relationships
PISD and Health

- Depression
- Anxiety
- PTSD
- Takotsubo Cardiomyopathy “Broken Heart Syndrome”
- Health compromising behaviors
What Counselors Should Know

- Expect more than half to separate
- Offenders often lie
- Intuition is often correct
- Let clients lead
- Stay neutral with couples
- PISD partner has right to know details of affair
- Expect strong emotions and foul, graphic language
- Client can be PISD from parent, adult child, friend’s affair
What NOT to say

- “It was a long time ago, let it go.”
- “You just need to move on.”
- “Symptom of larger relationship problem.”
- “Emotional and physical affair the same thing.”
Duba Sauerhaber & Disque (2016) Somatic approach, get person unstuck from reptilian brain

Leone (2013) Affective flooding from trauma, grief, and loss

Abrahamson, Hussain, Khan, and Schofield (2012)
  Four factors that contributed to staying together:
    1. motivation - determination
    2. acts of kindness - mercy, forgiveness
    3. meaning making - understanding context, what contributed to affair
    4. support - shift in power and ritual to show renewed commitment; vicarious learning
More treatment research

- (Comish and Wade, 2015)
  - The Four R’s: Responsibility, remorse, restoration, renewal

- (Gordon, Baucom, and Snider, 2008) 3 stages:
  - Stage 1- Affect, containing crisis, damage control
  - Stage 2- Finding meaning, explaining context
  - Stage 3- Letting go
References


References


