

Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:

In The Nick of Time: Rising to Resilience From the Depths of Betrayal

Speaker:

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About the Speaker:

Constance Clancy, ED.D



Dr. Constance Clancy is a holistic and behavioral health practitioner and practices as a licensed psychotherapist, certified hypnotherapist, and Life Enhancement Coach using the BrainStyles System. Constance has a Bachelor's degree in Elementary Education from Indiana State University, Master's degree in Counseling Psychology from Sam Houston State University, and a Doctorate degree in Educational Administration from Nova Southeastern University. Constance has a private counseling practice in Aspen, Colorado and serves her clients offering healthy coping techniques on managing stress and anxiety and is a holistic stress management instructor. Constance has been practicing since 1990 and comes from Sanibel/Captiva Island, Florida.

BETRAYAL

BETRAYAL OFTEN OCCURS EARLY ON IN LIFE

- But time and again, betrayal is repeated in adulthood as it was in mine, especially in relationships with significant others.

THIS HAS TO DO WITH SUBCONSCIOUS PROGRAMMING

- that we carry with us from childhood through our adult years.



What I Want to Share With You Today Is That

No matter what programming is in
your story, you can relearn
practical healing tools to heal from
betrayal and begin to not just
survive but thrive.



MY STORY

1. WHAT IS BETRAYAL?

Betrayal is a deliberate act of disloyalty. it is the most raw breach of trust at its core that I can think of. it makes you feel like you are losing your mind.

The bewilderment, fear, confusion, anger, depression, and bargaining place you on an emotional roller coaster and pull you in opposite directions until you are feeling so pulled apart and devalued that you find yourself not knowing which direction to turn.



MY STORY



2. IT ONLY TAKES ONE BREACH OF TRUST

It only takes one breach of trust to feel betrayed. betrayal stays with us in our subconscious mind and unfortunately may continue into our adulthood.

MY STORY

3. IT CAN BE A COMPLETE SHOCK

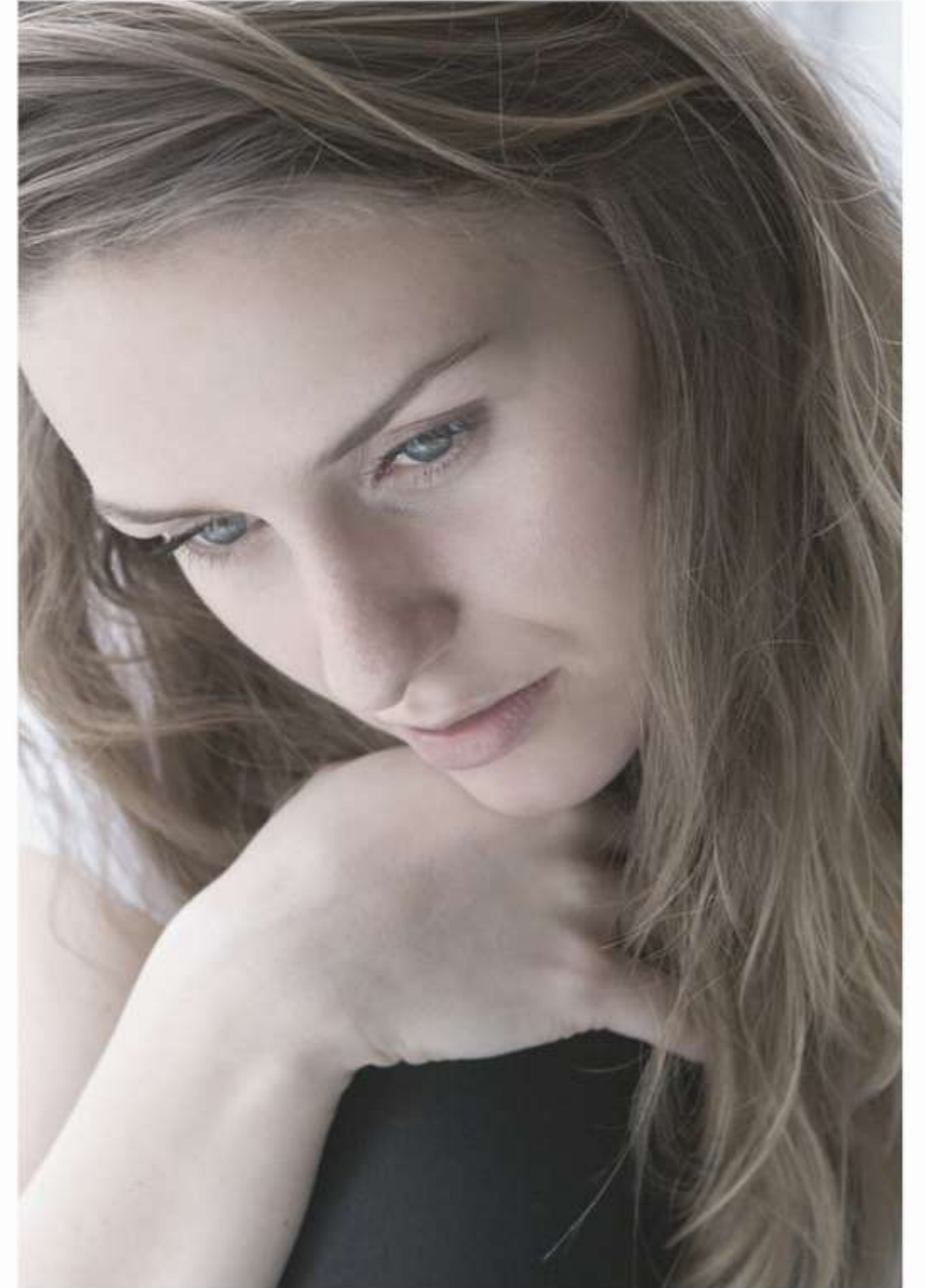
Betrayal can be a complete shock and surprise to the system. The long-term effects can impact one on building trust again.



MY STORY

4. GUT-WRENCHING BREACH

Betrayal is a gut-wrenching breach of trust that changes life as they know it and can be embedded in one's psyche forever.





WHAT IS TRAUMA?

According to trauma expert, Dr. Bessel Vander Kolk, trauma is an emotional wound or shock that creates substantial lasting damage to the psychological development of the person.

BETRAYAL IS TRAUMA

Betrayal of trust is particularly traumatic.



POST TRAUMATIC STRESS DISORDER

Has its own criteria in the diagnostic and statistical manual of mental disorders.

IN THE NICK OF TIME

What is trauma? According to trauma expert Dr. Bessel Van der Kolk, trauma is "An emotional wound or shock that creates substantial lasting damage to the psychological development of the person."

For many people, including myself, it was not so much the affair that caused so much pain; rather, it was the dishonesty and breach of trust. The belief in the spouse is shattered, and this betrayal of trust is particularly traumatic.

Psychologists, counselors, and psychiatrists refer to a diagnostic manual (*Diagnostic and Statistical Manual of Mental Disorders, DSM-5*) to determine the criteria of certain psychological disorders. The following are the criteria for PTSD:

DSM-5 Criteria for PTSD

(1). All of the criteria are required for the diagnosis of PTSD.

The following text summarizes the diagnostic criteria:

Criterion A (one required): The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

Criterion B (one required): The traumatic event is persistently re-experienced, in the following way(s):

- Intrusive thoughts

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THE TRAUMA OF BETRAYAL

- Nightmares
- Flashbacks
- Emotional distress after exposure to traumatic reminders
- Physical reactivity after exposure to traumatic reminders

Criterion C (one required): Avoidance of trauma-related stimuli after the trauma, in the following way(s):

- Trauma-related thoughts or feelings
- Trauma-related reminders

Criterion D (two required): Negative thoughts or feelings that began or worsened after the trauma, in the following way(s):

- Inability to recall key features of the trauma
- Overly negative thoughts and assumptions about oneself or the world
- Exaggerated blame of self or others for causing the trauma
- Negative affect
- Decreased interest in activities
- Feeling isolated
- Difficulty experiencing positive affect

Criterion E (two required): Trauma-related arousal and reactivity that began or worsened after the trauma, in the following way(s):

- Irritability or aggression
- Risky or destructive behavior
- Hypervigilance
- Heightened startle reaction
- Difficulty concentrating
- Difficulty sleeping

Criterion F (required): Symptoms last for more than 1 month.

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IN THE NICK OF TIME

Criterion G (required): Symptoms create distress or functional impairment (e.g., social, occupational).

Criterion H (required): Symptoms are not due to medication, substance use, or other illness.

Two specifications:

- **Dissociative Specification.** In addition to meeting criteria for diagnosis, an individual experiences high levels of either of the following in reaction to trauma-related stimuli:
 - Depersonalization. Experience of being an outside observer of or detached from oneself (e.g., feeling as if "this is not happening to me" or one were in a dream).
 - Derealization. Experience of unreality, distance, or distortion (e.g., "things are not real").
- **Delayed Specification.** Full diagnostic criteria are not met until at least six months after the trauma(s), although onset of symptoms may occur immediately.

Note: DSM-5 introduced a preschool subtype of PTSD for children ages six years and younger.

Today, therapists are beginning to acquire insight into the traumatic, long-term emotional effects of betrayal by a close partner. Therapists who are working with clients who experience marital infidelity and relationship betrayal have become much more open to spotting and treating the often fragile, rollercoaster emotional states of spouses who have been cheated on and betrayed.

Trauma caused by spousal betrayal typically manifests in the following ways:

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HORMONES AND THEIR EFFECT WITH TRAUMA

OXYTOCIN

Love or cuddle hormone.

ADRENALINE AND NOREPINEPHRINE

These two stress hormones prepare or body for fight or flight response

CORTISOL

Stress hormone gets released during the highs and lows of unhealthy relationships than a naturally healthy relationship

SEROTONIN



BETRAYAL AND THE GRIEF PROCESS

DENIAL

ANGER

DEPRESSION

BARGAINING

ACCEPTANCE

The *DSM-5* (American Psychiatric Association, 2013) has a list of criteria for NPD that includes at least five of the following:

1. Has a grandiose sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements).
2. Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
3. Believes that he or she is "special" and unique and can be only understood by, or should associate with, other special or high status people (or institutions).
4. Requires excessive admiration.
5. Has a sense of entitlement (i.e., unreasonable expectations or especially favorable treatment or automatic compliance with his or her expectations).
6. Is interpersonally exploitative (i.e., takes advantage of others to achieve his or her own ends).
7. Lacks empathy, is unwilling to recognize or identify with the feelings and needs of others.
8. Is often envious of others or believes that others are envious of him or her.
9. Shows arrogant, haughty behaviors or attitudes.

These criteria give an overview of NPD. What I will disclose in this book is more complex than the above criteria, however, especially when it comes to relationships and how narcissists exploit them and leave their victims reeling with devastation and betrayal that may take years to recover from.

The Spectrum Of Narcissism

WHO IS THE NARCISSIST/ENERGY VAMPIRE?

CRITERIA FOR NARCISSISTIC PERSONALITY DISORDER

OVERT/COVERT NARCISSIST

SIGNS OF NARCISSISTIC ABUSE

EMPATHS

WHAT IS AN EMPATH?

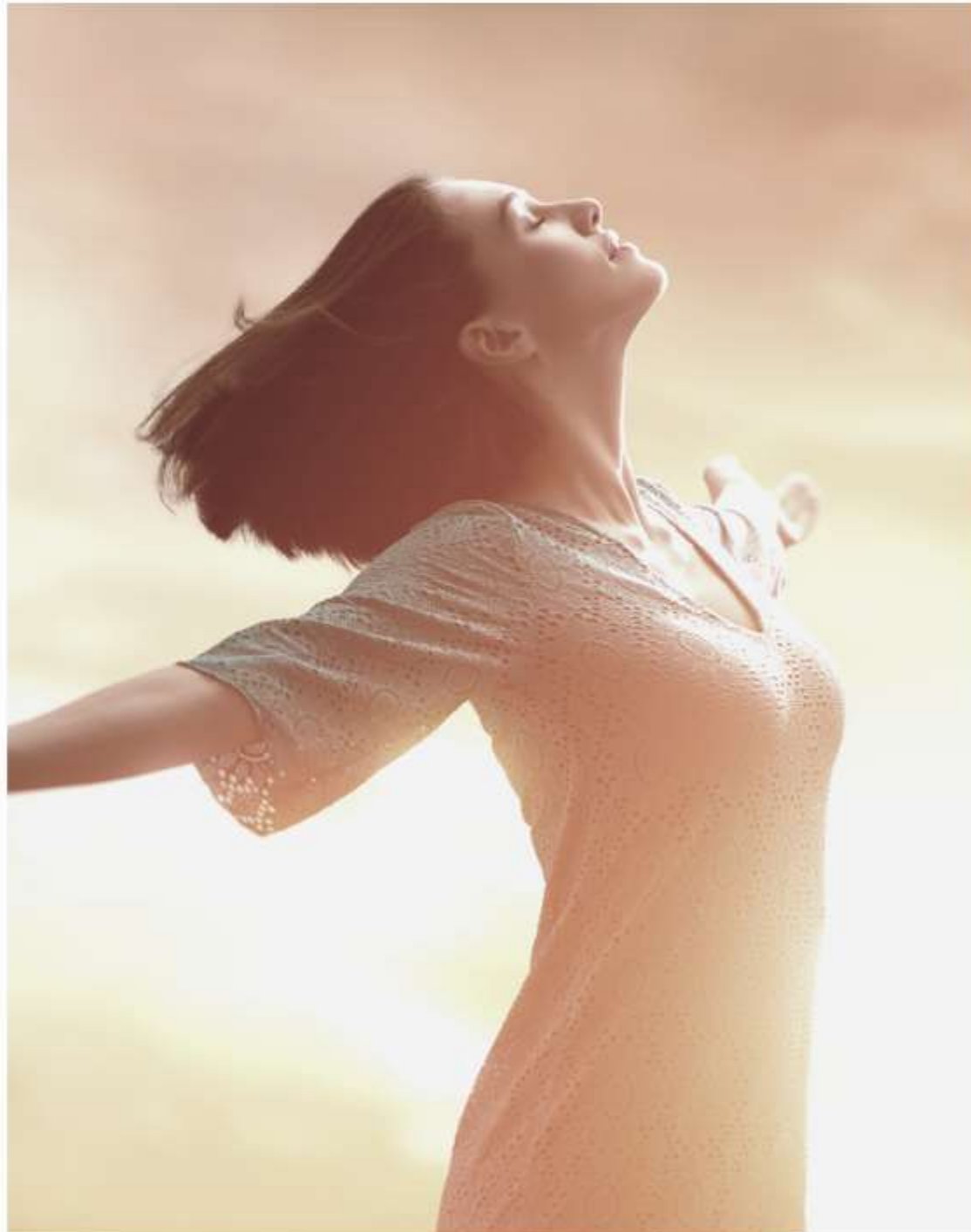
THE EMPATH-NARCISSIST RELATIONSHIP

NARCISSISTIC TRAUMA BONDING

LETTING GO OF TOXIC RELATIONSHIPS AND
HEALING



THE JOURNEY TO RESILIENCE AND WHOLENESS



WHAT IS RESILIENCE?

A RESILIENCE ACTION PLAN

THE PATH TO FORGIVENESS

MANDALA FOR WHOLENESS AND BALANCE

COPING TECHNIQUES

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Questions?

THANK YOU

