



AFFAIR RECOVERY LAUNCHES CONFIDENTIAL ONLINE SERVICE FOR THOSE STRUGGLING WITH THE CONSEQUENCES OF INFIDELITY

Web-Based Curriculum Propels Recovery for Individuals and Couples by Combining Expert Support with a Safe, Understanding Environment for Sharing and Healing

Austin, TX (September 27, 2011) Affair Recovery, a leader in offering personalized healing and support for those impacted by infidelity, today announces the availability of [Affair Recovery](#) online, a unique web-based curriculum for couples and individuals across the nation and around the globe who may be experiencing the devastation of infidelity, betrayal or sexual addiction. The new site offers professionally-developed online courses as well as expert insights and collaborative peer support groups. Clients can participate in these programs anonymously via the phone and computer from the privacy of their own homes or offices.

Affair Recovery was founded by Rick Reynolds, a leading expert specializing in helping couples and individuals heal from the devastation caused by infidelity. With more than 20 years of experience working with couples in the wake of extra-marital relations, Rick has used his unique experience, gift of humility and non-judgmental nature to help restore lives impacted by infidelity. Rick has counseled more than 2,000 couples in person, and to date 500 individuals have completed Affair Recovery's new online courses. Clients range from CEOs and vice presidents of major organizations to military personnel, sales associates and housewives.

"Through my practice, I have had the privilege of working with many couples in person over the years, but it has always distressed me to know that there are thousands of couples and individuals suffering in silence, not getting the specialized help they need," said Rick Reynolds, Founder and President of Affair Recovery. "With the launch of Affair Recovery's online service, our goal is to provide affordable and confidential access to compassionate and informed experts for couples and individuals in need."

While beta testing over the course of 48 months, Affair Recovery has seen more than 7,000 men and women worldwide seek out the website and take part in the free Affair Analyzer to learn more about what can be expected from their partners, the emotions they may be feeling and what path they may want to take to begin healing.

The Need:

Affair Recovery's web-based support curriculum, insights and advice are based on the premise that basic marriage therapy without proper support isn't always sufficient for success. Infidelity isolates individuals and couples, so a service built specifically to eliminate that isolation and provide the empathy, support and hope from others who are also in recovery is vital.

It is difficult to get accurate statistics on infidelity's impact on marriages because many

people don't want to admit that they have cheated. However, based on the research that does exist, affairs take place within an estimated 40 to 76 percent of marriages. A conservative interpretation of these figures suggests that although half of all married couples remain monogamous, the other half will experience an infidelity over the course of a marriage, according to [researchers at the University of Texas at Austin](#).

"The bottom line is that a tremendous number of married couples are going to deal with infidelity at some point during the course of their marriages. How they handle this adversity is going to impact their quality of life as well as that of the next generation. The challenge is that many of these couples don't have access to the services they need, they're hurting and that hurt passes on to the next generation if not handled well," says Rick Reynolds, President and Founder, Affair Recovery.

Some of the key reasons why couples and individuals fail to get on the path to recovery include:

- Shame and fear of opening up to anyone about their experiences.
- One-on-one therapy is expensive.
- The national attitude is much more accepting of divorce than reconciliation after infidelity, often viewing the latter as a sign of weakness.
- Traditional therapy is often inaccessible. It takes place between 9 a.m. and 5 p.m. when couples may not be able to leave work or they have to schedule a babysitter, which is an added expense.
- A continued sense of isolation and shame because when couples only go to a counselor's office, they are often unable to find a safe way to speak about their situation with others that have gone through the experience.
- Finding a therapist that fits with the couple can be tough. Statistics indicate many couples see three or more therapists, which can be expensive, discouraging, and time-consuming.
- Deception can create confusion, lack of self-esteem, blame and in some cases, either a lack of action by the couple or the urgent leap to divorce

"There has not been any other resource more effective, thorough, and stabilizing to marriages in crisis than Affair Recovery. From their ongoing internet classes to their weekend marital retreats, these resources are exactly what couples need after the disclosure of an affair. I have referred dozens of couples to the website and many to Affair Recovery's EMS (Emergency Marital Seminar) weekend and all have reported back to me descriptions of outstanding care during their time of great need," said Matt Barnhill, Pastor of Family Ministry, River Pointe Church, Richmond, Texas.

How It Works:

Many men and women struggling with infidelity are at home or work, desperately searching for help online because they are distracted by the overwhelming turmoil an affair has thrown into their lives. They have been through the wringer emotionally, and they are reading everything they can get their hands on about affairs, cheating, recovery and forgiveness. Whether the unfaithful spouse or the betrayed partner, these individuals are in desperate need

of direction from those who have a clinical specialization and have personally experienced infidelity. Most couples have a strong desire for confidentiality and many want the ability to have this support accessible at hours that work for them and from the privacy of their own home.

Affair Analyzer -

The first step toward healing is visiting www.AffairRecovery.com and taking the free Affair Analyzer, which asks a series of online questions and then provides the visitor with an invaluable assessment outlining a snapshot of his or her situation and recommendations for the next steps toward healing, including which courses would be most beneficial to them. Affair Recovery online offers a variety of classes for couples and individuals suffering from the experience of infidelity in their lives. Online offerings include:

EMS Online – A life-changing 13-week course that helps couples survive an affair and rebuild their marriage. Designed for both the hurt and unfaithful spouse, the course combines a structured workbook and DVD curriculum with the support of a Group Leader and an anonymous small group comprised of four other couples.

Harboring Hope – A 13-week course designed to help betrayed spouses heal after an affair. Regardless of whether the unfaithful spouse is supportive, unsupportive, or gone, this course empowers participants to see that their lives can be restored. With an in-depth workbook and DVD curriculum, the course places the participant with a Group Leader and several other same-gender betrayed spouses in a private, anonymous small group that communicates via a weekly conference call and private online forum.

Hope for Healing – A brand new 16-week course that is being beta-tested, Hope for Healing is designed to help the unfaithful spouse heal by understanding his or her actions and the impact. This leads to an ability to understand how to change for the better and lead a more fulfilling life as a partner. Regardless of whether the betrayed spouse is supportive, unsupportive, or gone, this course empowers participants to see that their lives can be restored. With in-depth content and videos, the course places clients with a Group Leader and several other same-gender unfaithful spouses in a private, anonymous small group that communicates via a weekly conference call and private online forum.

Affair Recovery online clients can expect to devote three to four hours per week for a 13-week period in the course that is identified as best for them. The pricing for these courses ranges from \$173 to \$243 per month and includes all materials. Each week, participants start by reading the workbook chapter and watching the DVD track(s). As clients read their assigned chapters, they will complete homework exercises and share them during their weekly small group call. In addition, participants are able to submit questions for Affair Recovery senior experts to answer during a broadcasted, monthly question and answer session.

The Story:

After experiencing an affair in his own marriage in 1984, Rick became interested in helping others through the devastation of infidelity when he and his wife, Stephanie, realized that

adequate help with infidelity was rare. Thus, Rick began developing affair recovery programs in the early 1990s and has assisted thousands of couples in moving beyond betrayal to a stronger relationship. Rick founded Affair Recovery in 2004 and with today's unveiling of the online delivery system, Rick and the Affair Recovery team hope to reach their vision of being able to help more than 50,000 couples annually.

About Affair Recovery:

Affair Recovery is an Austin-based company with national focus and reach, specializing in restoring life to those who have felt the devastation of infidelity. Through research-validated, spiritually-grounded programs, Affair Recovery offers online and in-person hope, support and pathways for redeeming the losses created by infidelity, betrayal, and sexual addiction. To learn more, visit www.AffairRecovery.com

B-roll footage is available for viewing at <http://www.affairrecovery.com/presskit>

To request a copy of b-roll, email the media contacts listed below.

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