

## Betrayal Trauma After Infidelity Is an Overlooked Mental Health Issue, Says Specialist

Betrayal trauma expert Beth Fischer, M.Ed., says millions may experience PTSD-like symptoms after infidelity without proper recognition or treatment



**Orlando, Florida May 7, 2026 ([Issuewire.com](http://Issuewire.com))** - During Mental Health Awareness Month, betrayal trauma specialist Beth Fischer, M.Ed., is raising awareness about a critical but often overlooked mental health issue: the psychological and physiological impact of infidelity.

Fischer, founder of Healing Families LLC and creator of The Betrayal Trauma Healing Method®, has supported more than 20,000 individuals worldwide and reached millions through her educational social media platforms, which have generated more than 7 million views. She says many betrayed partners experience symptoms consistent with trauma and post-traumatic stress that are frequently misunderstood or dismissed.

“Infidelity isn’t just emotional pain. It’s a nervous system injury,” says Fischer. “Many betrayed partners experience anxiety, hypervigilance, intrusive thoughts, and emotional dysregulation that closely mirror trauma responses. Yet this is rarely recognized within traditional mental health or relationship frameworks.”

## **Infidelity: An Overlooked Mental Health Event**

Infidelity impacts millions of individuals each year, yet its effects are often minimized as a relationship issue rather than recognized as a mental health event.

According to Fischer, betrayal trauma disrupts a person’s sense of safety at a fundamental level, triggering a biological stress response that can leave individuals in a prolonged state of fight-or-flight.

Common symptoms include:

- \*Persistent anxiety and panic
- \*Intrusive thoughts and mental spiraling
- \*Sleep disruption and chronic fatigue
- \*Emotional flooding and reactivity
- \*Hypervigilance and loss of trust

“These responses are not signs of weakness,” Fischer explains. “They are natural biological reactions to a perceived threat. When your reality is suddenly shattered, your nervous system shifts into survival mode.”

## **Why Traditional Approaches Fall Short**

Fischer notes that many traditional approaches, including marriage counseling, often prioritize reconciliation before addressing the trauma experienced by the betrayed partner.

“When individuals are encouraged to forgive or ‘move forward’ before their nervous system has stabilized, it can deepen the traumatic injury,” she says. “You cannot process betrayal while your body still feels unsafe.”

Instead, Fischer advocates for a trauma-informed approach that prioritizes individual healing before relationship repair.

## **A Shift in the Mental Health Conversation**

Through her book, *On the Other Side of Pain: Healing After Betrayal*, and her widely followed educational platforms, Fischer is working to reframe infidelity as a legitimate mental health concern.

Her framework, The Betrayal Trauma Healing Method®, focuses on:

- \*Stabilizing the nervous system
- \*Understanding trauma responses

\*Rebuilding identity and self-trust

\*Creating clarity before making relationship decisions

“We are missing a major category of trauma in mental health conversations,” Fischer says. “Betrayal trauma is real; it affects millions, and it deserves recognition and proper care.”

Mental Health Awareness Month: Expanding the Conversation

As conversations around mental health continue to grow, Fischer believes it is essential to include betrayal trauma, particularly the impact of infidelity.

“For many people, this is one of the most disorienting and painful experiences of their lives,” she says. “When we name it accurately, we give people a pathway to real healing.”

About Beth Fischer, M.Ed.

Beth Fischer, M.Ed., is a betrayal trauma specialist and founder of Healing Families LLC. She is the creator of The Betrayal Trauma Healing Method® and The Integrity Journey®, which have supported more than 20,000 individuals worldwide. Her work has reached millions through her courses and social media platforms, where many describe her content as “a lifeline” after infidelity.

A survivor of betrayal trauma herself, Fischer combines professional training with lived experience to help individuals recover from relationship trauma and rebuild their lives from the inside out.

Learn more at:

<https://www.healingwithbeth.com/>

Beth Fischer’s book, *On the Other Side of Pain: Healing After Betrayal*, is available on Amazon.

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