



**DAY 1: Saturday 23 November, 13.30–15.00**

## **9 Working with couples in crisis: The impact of an affair in a marriage/ committed relationship**

**Catriona Lightfoot – Social Worker, Connection101**

The workshop will present an understanding of affairs and how they impact on a committed relationship and the individuals involved in that relationship. It will cover theory and frameworks for understanding the recovery journey from the perspective of the betrayed and the betrayer (which is relevant even if the relationship does not continue). It will look at effective interventions for recovery – maximising individuals' mental health and the health of the relationship.