UNSEEN-UNHEARD



Straight Spouses from Trauma to Transformation

By Amity Pierce Buxton, PhD & R. L. Pinely

<u>Unseen Unheard Straight Spouses From Trauma To Transformation</u>

Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder

Unseen Unheard Straight Spouses From Trauma To Transformation:

Unseen-Unheard Amity Pierce Buxton, R. L. Pinely, 2013-06 When presumably heterosexual spouses turn out to be gay lesbian bisexual or transgender the unexpected revelation overshadows its devastating impact on their straight wives and husbands Unseen Unheard opens the window on their remarkable journeys from trauma to transformation What would you do if your husband said he d fallen in love with a man or thinks he might be gay or bisexual or you discovered your wife s texts photos or emails indicating she has a female lover and wonders if she might be lesbian or bisexual Well this happens a shattering reality that at least two million men and women have faced and tried to understand and accept even as we were unseen and our voices unheard Who are we We are husbands and wives left behind when our spouses came out or after we discovered they were gay lesbian bisexual or transgender Shocked and paralyzed swirling in the devastating wake of our beloveds revelation we had to pick up unrecognizable pieces of our former lives and try to reconfigure them without much outside support recognition or understanding of the depth of the crisis Yes straight spouses typically cope alone with unique issues of sexuality betrayal and broken belief systems Slowly we redefine ourselves create new lives affirm the joy of living and reap life s infinite possibilities. We invite you to walk with us and experience our journey from the first desperate cries of discovery or disclosure to insights and wisdom gained as we resolve our issues and transform our lives As you observe and listen we hope you will embrace the courage creativity and resilience of our strength which we didn't know we had yet was so powerful that lifelong habits were broken and we uniquely and marvelously became who we were meant to be About the Authors Amity Pierce Buxton her Ph D from Columbia University has taught grades pre school through graduate school Member of the American Psychological Association she serves on the editorial boards of the Journal of Bisexuality and the Journal of GLBT Family Studies and on the board of the Catholic Association for Gay and Lesbian Ministry She wrote The Other Side of the Closet the Coming Out Crisis for Straight Spouses and Families and founded the worldwide Straight Spouse Network Currently she counsels spouses and couples conducts research writes articles and chapters lectures and gives workshops on all aspects of the impact of a spouse s coming out in a mixed orientation or transgender non transgender marriage R L Pinely writes Collaborating with Amity to write this book has been an amazing journey Absorbing her expertise has been a rare privilege as we lived vicariously through the lives of others and walked in their shoes As owner of an online support group I m so thankful that I have the opportunity every day to pass along her wisdom insight experience and understanding to nearly 3 000 women Visit the Straight Spouse Network website www straightspouse org **Memoirs Of A** Silent Exhibition Denise Humphrey, Ph.D., 2013-09 Within the first few months of her marriage Denise Humphrey learned that her husband was gay Tortured by intense and conflicted emotions she existed alone and shut away from life as if in a coffin both during the marriage and the decade after Denise and John loved each other in many ways making their situation very tragic They met each other as classical pianists performed duets together enjoyed each other s company and wanted to

be parents At the same time parts of their lives were closeted from other people as well as from each other Early in the marriage John became a medical doctor and later Denise became a psychologist After having two delightful sons they both absolutely loved and adored and still do the torment of her shuttered life increased even more dramatically because of intense fear that her feelings of shame and secrecy would be passed on to the boys Throughout the memoir you will embrace the enormous struggles Denise endured how she eventually decided to end the marriage how Denise and John disclosed to their sons and how all four of them grew even closer through the process This memoir reveals its resolution and miraculous metamorphosis Life tragedies can be surpassed **Clinical Handbook of Couple Therapy** Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder, 2015-06-02 This book has been replaced by Clinical Handbook of Couple Therapy Sixth Edition edited by Jay L Lebow and Douglas K Snyder ISBN 978 1 4625 5012 8

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Table of Contents Unseen Unheard Straight Spouses From Trauma To Transformation

- 1. Understanding the eBook Unseen Unheard Straight Spouses From Trauma To Transformation
 - The Rise of Digital Reading Unseen Unheard Straight Spouses From Trauma To Transformation
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Unseen Unheard Straight Spouses From Trauma To Transformation
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Unseen Unheard Straight Spouses From Trauma To Transformation
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Unseen Unheard Straight Spouses From Trauma To Transformation
 - Personalized Recommendations
 - Unseen Unheard Straight Spouses From Trauma To Transformation User Reviews and Ratings
 - Unseen Unheard Straight Spouses From Trauma To Transformation and Bestseller Lists
- 5. Accessing Unseen Unheard Straight Spouses From Trauma To Transformation Free and Paid eBooks
 - Unseen Unheard Straight Spouses From Trauma To Transformation Public Domain eBooks
 - Unseen Unheard Straight Spouses From Trauma To Transformation eBook Subscription Services
 - Unseen Unheard Straight Spouses From Trauma To Transformation Budget-Friendly Options

- 6. Navigating Unseen Unheard Straight Spouses From Trauma To Transformation eBook Formats
 - o ePub, PDF, MOBI, and More
 - Unseen Unheard Straight Spouses From Trauma To Transformation Compatibility with Devices
 - Unseen Unheard Straight Spouses From Trauma To Transformation Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Unseen Unheard Straight Spouses From Trauma To Transformation
 - Highlighting and Note-Taking Unseen Unheard Straight Spouses From Trauma To Transformation
 - Interactive Elements Unseen Unheard Straight Spouses From Trauma To Transformation
- 8. Staying Engaged with Unseen Unheard Straight Spouses From Trauma To Transformation
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Unseen Unheard Straight Spouses From Trauma To Transformation
- 9. Balancing eBooks and Physical Books Unseen Unheard Straight Spouses From Trauma To Transformation
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Unseen Unheard Straight Spouses From Trauma To Transformation
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Unseen Unheard Straight Spouses From Trauma To Transformation
 - Setting Reading Goals Unseen Unheard Straight Spouses From Trauma To Transformation
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Unseen Unheard Straight Spouses From Trauma To Transformation
 - Fact-Checking eBook Content of Unseen Unheard Straight Spouses From Trauma To Transformation
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

• Interactive and Gamified eBooks

Unseen Unheard Straight Spouses From Trauma To Transformation Introduction

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