

International Conference on

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**Lissy Ann Puno***International Counseling and Psychology Centre, Singapore***Affairs don't just happen: Protect, repair and recover**

Relationships and marriages have increasingly been faced with challenges of boredom, disillusionment and infidelity. Couples are finding themselves faced with the threat of ending the relationship sooner and find themselves at a loss on how to strengthen their relationships. Extra relational and extra marital affairs have been increasingly on the rise. Why has it gotten out of control? When is it out of control? An understanding of the stages of the love relationship is crucial. The theory of how the unconscious pull of attraction can eventually lead to disillusionment that creates vulnerability towards infidelity. What creates the attraction between two people? Why feel a pull towards one versus the other? This period of vulnerability can be setting up the stage for an affair amidst the current trend of relationships being disposable and replaceable. Patterns of behavior amidst emotional turmoil will be identified as one may find themselves trapped in the web of intrigues, deception, shame and betrayal that comes with affair discovery. The pain, hopelessness and helplessness during this time may also lead to ineffective behavior. Discover ways to nurture a relationship back into trust, safety and commitment through effective relational skills versus destructive and ineffective coping actions. The 8 C's towards a mature and healthy relationship will be highlighted. What type of support do couples need at this time to maintain a connected relationship through a longer life span? The role of a couple's therapist is challenged and expanded as the relationship becomes the client and not the two individuals existing in two different worlds. Current trends in dialogue and communication skills will be introduced.

Biography

Lissy Ann Puno has extensive experience practicing in the region as a Counseling Psychologist. She is the co-founder of the International Counseling and Psychology Centre in Singapore. She offers counseling and psychotherapy across the developmental stages as well as gives talks, trainings and workshops covering a variety of relevant topics promoting psychological wellness. In 2016, she released her first book entitled "Affairs Don't Just Happen" which focuses on how to protect, repair and recover your relationship from infidelity.

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