

Initial Disclosure Intensive

NorthStar Relational Consultants

Highland Village, Texas | In-Person Only

What Is an Initial Disclosure Intensive?

Disclosure is the sharing of the true and complete story of what someone has done in violation of their connection to themselves and their relational contract(s), processed and presented therapeutically (Fife et al., 2023; Giacobbi & Lalot, 2025; Gossner et al., 2022). An Initial Disclosure Intensive is a concentrated, therapeutically guided experience designed to help relationships walk through the facts of a pattern of problematic sexual behaviors, infidelity, betrayal, or deception. It focuses on the “what” — sharing the true and complete story of what took place, so that the relationship is no longer built on partial truths or secrecy.

The goal of the disclosure process is to share truth, rebuild trust, and decrease shame. Within this work, we help clients:

- Identify, own, and change unhealthy and incongruent behaviors and/or patterns
- Heal the wounds caused by those behaviors and/or patterns
- Connect to self and others

By guiding clients through sharing information about the behaviors and patterns that were betrayals of self and their relational contract, we help create a foundation of truth, building a foundation upon which it becomes possible to build trust.

The Connected Recovery® Model

Our disclosure work is grounded in the Connected Recovery® model, which organizes the disclosure process around four “letters”. The Initial Disclosure Intensive focuses on the first of these letters. The full process takes 1-2 years.

- **What Letter** — What they did (shared as quickly as possible, preferably within 3-6 months of starting therapy)
- **Why Letter** — Why they did it (how they got to a point where it happened). This is not presented at the same time as what they did. The work connected to this part of the process usually takes 6-12 months following the What Letter.
- **Impact Letter** — The story of person who has been betrayed in relation to how they have been impacted by the betrayal. This is usually shared at least a month after the Why Letter is shared but can be shared earlier if the person who has been betrayed prefers.
- **Amends Letter** — The final step of the process, this includes acknowledgement of how they have hurt others and themselves, and details the steps they have taken and are continuing to work on to repair the damage caused and to prevent it from happening again

The Initial Disclosure Intensive centers on the What Letter — establishing the facts of what happened. This is the essential first step upon which the later work of the model can safely rest.

Sorting Through the Unanswered

Part of our role is to help those who have been betrayed sort through any questions they have. It is not the responsibility of someone who has been betrayed to ask exactly the right questions in order to receive complete information — the responsibility for a true and complete account rests with the person disclosing.

The reason sharing information about betrayal is important is explained by what psychology calls the *Zeigarnik effect* — the mind's tendency to return, again and again, to what remains unfinished or unresolved. An incomplete story does not simply fade; it keeps pulling for completion.

For someone who has been betrayed, unanswered questions and partial truths become exactly this kind of unfinished business — intrusive, emotionally charged, and difficult to set down. This is why a complete disclosure, rather than a piecemeal one, is so important: it allows the mind to move from preoccupation toward resolution and gives the relationship a whole story to stand on rather than fragments to keep circling back to.

Format & Structure

Most Initial Disclosure Intensives are offered as a 3-day experience. While the process is structured, each intensive is individualized for the clients involved.

- **Day One** — Both Dr. Brian Martin and Dr. Laney Knowlton work with the person who has betrayed, building the timeline of their behaviors on the whiteboard in our office.
- **Day Two** — Both those who have betrayed and those who have been betrayed meet with us, and the person who has betrayed shares the information with the person who has been betrayed in an interactive conversation that includes answers to questions from the person who has been betrayed.
- **Day Three** — Initial processing of the experience and setting up structure moving forward.

All sessions are conducted in person at our office in Highland Village, Texas.

Your Clinicians

Dr. Laney Knowlton, LMFT-S, CST, CSAT-S, CPTT-S, CCPS, CCRDS-S, CCBRT, RAE

Dr. Knowlton has worked in the mental health field since 2009, specializing in Problematic Sexual Behaviors and Betrayal Trauma. She holds a master's degree in Marriage and Family Therapy and a PhD in Clinical Sexology, serves as President of the Society for the Advancement of Sexual Health (SASH), and is on the faculty at IITAP. She is the creator of the Connected Recovery® model of therapy and the author of multiple books on recovery from PSB and Betrayal. Dr. Knowlton co-owns NorthStar Relational Consulting and owns Knowlton Counseling, with offices in the Dallas, Texas area and Logan, Utah.

Dr. Brian Martin, LMFT-S, LSOTP, CSAT, CPTT, CCPS, CCRDS-S

Dr. Martin has worked in the mental health field since 1998, specializing in Sex Offender Treatment, Problematic Sexual Behaviors for both juveniles and adults, and Betrayal Trauma. He taught undergraduate courses at California State University and two other colleges in northern California, and previously owned and administered a large counseling center in northern California. Dr. Martin owns a private practice and co-owns NorthStar Relational Consulting in the Dallas, Texas area.

Investment & Scheduling

Cost: \$3,600 per day | **3-Day Intensive:** \$10,800

Due to the significant preparation invested in each intensive and the time commitment required of both clinicians, payment in full is required to reserve your dates. All payments are non-refundable.

To inquire about scheduling or to learn more, please reach out to our team. We will be happy to answer any questions and help you determine whether an Initial Disclosure Intensive is the right fit for your healing journey.

References

Fife, S. T., et al. (2023). Giacobbi, L., & Lalot, F. (2025). Gossner, J. D., et al. (2022). Zeigarnik, B. (1927).