

Debra Alper

LCSW, MSW

Relational Therapist & Divorce Consultant

Founder, Life Transitions Counseling, PLLC

Creator of The ISLAND Method: A Framework for Relational Recovery™

Pattern Illuminator



"You're not addicted to them. You're addicted to the hope of who you want them to be."

ABOUT

Debra Alper is a licensed clinical social worker, divorce consultant, and relational strategist with over 25 years of clinical experience. She is the founder of Life Transitions Counseling, PLLC, and the creator of The ISLAND Method: A Framework for Relational Recovery™, a six-stage model for recovering from love addiction and rebuilding a grounded sense of self after emotionally destructive relationships. As a pattern illuminator, she helps clients and audiences name the relational patterns that keep them stuck, the first step toward breaking free from them. Her work focuses on coercive control, emotional abuse recovery, and high-conflict divorce dynamics, and she regularly speaks to clinical, legal, and general audiences on these topics.

THE BOOK

Undertow: The ISLAND Method for Breaking Free from Love Addiction

Available now for pre-order at debraalper.com. Wide release through Amazon and Barnes & Noble begins November 8, 2026.

Undertow introduces The TIDE Cycle, the pattern of thrill, intensity, distortion and doubt, and emotional dependence that keeps people caught in addictive love, and The ISLAND Method (Identify, Stand, Let Go, Announce, Negate, Demonstrate), the recovery path out of it.

TALKING POINTS

- Love addiction and The TIDE Cycle: why intensity gets mistaken for intimacy
- The ISLAND Method: a six-stage framework for relational recovery
- Coercive control and emotional abuse: recognizing the patterns
- High-conflict and high-net-worth divorce dynamics
- Rebuilding identity and self-trust after an emotionally destructive relationship

SELECT MEDIA APPEARANCES

- Spotlight Chicago, television segment on relationships and Valentine's Day
- Divorced Girl Smiling, podcast guest, multiple episodes
- Off the Fence with Karen Covy, podcast guest, Episode 152
- Going Solo Network, podcast guest, "How to Break the Same Old Cycle!"

CONTACT & BOOKING

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