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A Mans Way Through The Twelve Steps

Stephanie S. Covington



A Man's Way Through The Twelve Steps:

A Man's Way through the Twelve Steps Dan Griffin, 2010-02-01 A fresh interpretation of the healing process established by the Twelve Steps with an eye toward the social cultural and psychological factors that affect men and thus their recovery from addiction A fresh interpretation of the healing process established by the Twelve Steps with an eye toward the social cultural and psychological factors that affect men and thus their recovery from addiction In *A Man's Way through the Twelve Steps* author Dan Griffin uses interviews with men in various stages of recovery excerpts from relevant Twelve Step literature and his own experience to offer the first holistic approach to sobriety for men Readers work through each of the Twelve Steps learn to reexamine negative masculine scripts that have shaped who they are and how they approach recovery and strengthen the positive and affirming aspects of manhood This groundbreaking book offers the tools needed for men to work through key issues with which they commonly struggle including difficulty admitting powerlessness finding connection with a Higher Power letting go of repressed anger and resentment contending with sexual issues and overcoming barriers to intimacy and meaningful relationships *A Man's Way through the Twelve Steps* offers practical advice and inspiration for men to define their own sense of masculinity and thus heighten their potential for a lifetime of sobriety

A Woman's Way through the Twelve Steps Stephanie Covington, 2024-01-23 This guide to the Twelve Steps from Dr Stephanie S Covington a pioneer in the field of women's issues addiction and recovery preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind Published in 1994 *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery paths shaped by the way women experience not only addiction and recovery but also relationships self sexuality spirituality and everyday life Now stories from five new voices expand the perspective of this recovery classic Over the past thirty years what it means to identify as a woman in recovery has broadened to include transgender nonbinary and other gender diverse people This new edition includes updated inclusive language to be more trauma sensitive and welcoming to all women This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous AA and offers inspiring stories of how they travel through the Steps and discover what works for them The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions By identifying and addressing the special issues that recovery presents for women this book empowers women to take ownership of their own journeys and to grow and flourish in recovery

A Woman's Way Through the Twelve Steps Stephanie S. Covington, 2024-01-23 Geared specifically to women and gender expansive people this guide to the Twelve Steps considers the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women

A Man's Way through Relationships Dan Griffin, 2014-07-28 An essential guide to the challenges men face in creating healthy and engaged relationships in all areas of their lives Every idea is presented through the lens of the Man Rules the often unconscious ideas men carry with

them into every relationship they have that affect their ability to find true connection *A Man's Way through Relationships* offers practical advice and inspiration for men to define with their partners their own sense of masculinity and thus heighten their potential to love and be loved Dan Griffin excerpts interviews with men who share their innermost lives and experiences with relationships He draws from his own life with over two decades of recovery and ten years of marriage Readers will learn to recognize how their ideas about masculinity have shaped who they are and how they approach their relationships For every man who has wandered through the entanglements of love unwilling to ask for directions and secretly hoping for a guide Dan Griffin offers a clear and comprehensive road map For any man serious about love and any woman who loves him this book is a must Terrence Real Author of *I Don't Want to Talk About It* Overcoming the Secret Legacy of Male Depression

A Man's Way Through the Twelve Steps, 2010 *Helping Men Recover* Stephanie S. Covington, Dan Griffin, Rick Dauer, 2022-07-25 AN INSIGHTFUL EFFECTIVE AND CONTEMPORARY APPROACH TO ADDICTION TREATMENT FOR THOSE WHO ARE IMPACTED BY THE JUSTICE SYSTEM In the newly revised second edition of *Helping Men Recover* A Program for Treating Addiction Special Edition for Use in the Justice System a team of experts delivers a practical and straightforward framework to assist men struggling with substance use disorders Targeting the four areas most consistently identified by men as triggering relapse the self sexuality spirituality and relationships this therapeutic program has twenty one sessions and explores topics like self awareness and identity the impact of family abuse and trauma communication male socialization and many more Readers will also find Three additional sessions with new exercises Comprehensive strategies for the creation of safe spaces in which men will feel comfortable expressing themselves reflecting and learning Information about how men experience and recover from addictions and trauma Ways to develop and learn teach the skills men need to maintain and sustain recovery from substance use disorders and live the life they want to live An indispensable collection of exercises and other resources for men in the criminal justice system who are struggling with substance misuse *Helping Men Recover* belongs on the bookshelves of social workers clinicians and other correctional system professionals *Amazing Dads! Fatherhood Curriculum, Facilitator's Guide* Dan Griffin, Harrison Crawford, 2024-04-26 The only trauma informed curriculum designed to turn men into great dads *Amazing Dads Fatherhood Curriculum* teaches fathers with kids of all ages to become exceptional parents These detailed lessons meet dads where they are starting from the common tendencies of male socialization to help explain key concepts of healthy fathering Through a trauma informed approach this curriculum creates safety in the group setting while delving into critical topics that fathers simply do not tend to talk about with people in their lives Unlike other fatherhood curricula *Amazing Dads* addresses a breadth of topics empowering men to discuss issues like family of origin sexuality how punishment can turn into abuse self care and how toxic messages in the culture can hinder parent child relationships Each session incorporates grounding and breathing exercises in addition to activities exercises and experiential opportunities that allow participants to connect with the material on a meaningful level By the end

of this course fathers will have gained the increased self awareness needed to enhance their relationships with their children and other family members Lead fathers through a curriculum of targeted lessons focused on how male socialization affects their parenting Guide participants through exercises for developing relational communication and conflict resolution skills Connect with dads on a meaningful level by creating a safe space for discussions of trauma and other difficult subjects Explain important parenting concepts using examples hands on activities and more This curriculum is excellent for use in parenting groups behavioral health treatment programs addiction treatment programs and other community based programs serving fathers Dads of all backgrounds with kids of all ages will benefit from the wisdom in Amazing Dads Fatherhood Curriculum

The Sponsor Will Thatcher, 2024-04-05 The Sponsor tells the story of Rich Watson a star athlete with a brilliant mind and unlimited potential until alcoholism cut him off at the knees With the help of a good sponsor and the Twelve Steps of Alcoholics Anonymous he overcomes his disease and begins to live a life beyond his wildest dreams The more that Rich receives in fame fortune and respect the less feels the need to practice the steps of AA Moreover he doesn't have time His business is booming his life is incredibly busy and he has a batch of unruly sponsees who he is always chasing around Then Rich gets hit with a series of disasters in his personal and professional life His health is threatened his business is under attack his family is fraying and his sponsees are driving him crazy As a man of towering intellect and many talents he takes it all on spinning plates expertly until they start to fall and crash Disillusioned Rich hits bottom after bottom in sobriety until life brings him to a new jumping off point

Men, Addiction, and Intimacy Mark S. Woodford, 2012-06-14 In the substance abuse and addiction treatment realm males outnumber females two to one While gender issues are seen as a key element of women's treatment the acknowledgement that males are gendered beings who have lived lives full of male specific developmental challenges is often overlooked This text takes a developmental lifespan approach to examine the neurobiological and psychosocial factors associated with substance use disorders for males specifically in relation to emotional growth and awareness and how these areas in turn affect the development of healthy relationships Theoretical concepts from the field of interpersonal neurobiology the psychology of boys and men and the substance abuse and addiction literature are interwoven with practical clinical examples to help elucidate how the notion of fostering emotional development can strengthen the treatment and recovery processes with boys and men Relevant case examples are included that illustrate work with males of all ages and address a variety of factors associated with culture ethnicity race religion and sexual orientation Mental health practitioners will find this a valuable guide to understanding male development in relation to substance use and abuse and providing more comprehensive gender responsive counseling and assessment practices

Clinical Guide for the Treatment of Male Sexual Addiction Paul Becker, 2013-02-06 The book Clinical Guide for the Treatment of Male Sexual Addiction will facilitate therapists use of the books Recovery from Sexual Addiction a Mans Guide and the accompanying Workbook in individual therapy or a group program The guide may serve as a syllabus for a Sex

Addiction Therapy Group program It supports clinical therapists by providing insightful guidance and interventions to help men who wish to end addictive sexual behaviors The program objective is to lead men through a structured clinical process to help them become aware and understand the complex factors that contribute to sexual addiction and steps they can take to achieve long term recovery Unwanted sexual behavior and addiction have become rampant in todays society largely through the availability of Internet pornography For example Family Safe Media reports that 40 million men regularly visit Internet pornography sites It is so insidious that when a man looks to his left and then to his right he will likely encounter a man for whom pornography is a major problem in his home Increasingly therapists will need clinical knowledge in order to work with sexually addicted men as well as with couples in marital counseling where the male is sexually addicted The book Clinical Guide for the Treatment of Male Sexual Addiction is intended to guide therapists efforts to serve this growing population

White Man's Water Erica Prussing, 2011-08-01 In recent years efforts to recognize and accommodate cultural diversity have gained some traction in the politics of US health care But to date anthropological perspectives have figured unevenly in efforts to define and address mental health problems Particularly challenging are examinations of Native peoples experiences with alcohol Erica Prussing provides the first in depth assessment of the politics of Native sobriety by focusing on the Northern Cheyenne community in southeastern Montana where for many decades the federally funded health care system has relied on the Twelve Step program of Alcoholics Anonymous White Man's Water provides a thoughtful and careful analysis of Cheyenne views of sobriety and the politics that surround the selective appeal of Twelve Step approaches despite wide ranging local critiques Narratives from participants in these programs debunk long standing stereotypes about Indian drinking and offer insight into the diversity of experiences with alcohol that actually occur among Native North Americans This critical ethnography employs vivid accounts of the Northern Cheyenne people to depict how problems with alcohol are culturally constructed showing how differences in age gender and other social features can affect involvement with both drinking and sobriety These testimonies reveal the key role that gender plays in how Twelve Step program participants engage in a selective and creative process of appropriation at Northern Cheyenne adapting the program to accommodate local cultural priorities and spiritual resources The testimonies also illuminate community reactions to these adaptations inspiring deeper inquiry into how federally funded health services are provided on the reservation This book will appeal to readers with an interest in Native studies ethnography women's studies and medical anthropology With its critical consideration of how cultural context shapes drinking and sobriety White Man's Water offers a multivocal perspective on alcohol's impact on health and the cultural complexities of sobriety

Journey to Sobriety Thomas Morgan, 2015-02-25 I drank in places where I fit in I was a hustler a full blown alcoholic and an occasional brawler I didnt stand out because we all were pretty much the same in the joints I chose I was pretty sure I would not live long as I was always walking on the edge I thought I was destined for either prison or early death I met guys from the twelve step program while in the county jail They

came in to do meetings They talked to me once in a while but I was not interested I always felt a kinship with these guys but I wasn't ready

Recovery from Sexual Addiction: a Man's Guide Paul Becker, 2012-05-14 Recovery from Sexual Addiction A Man's Guide and a companion workbook help men learn how to achieve a high level commitment to change their behavior and thinking Men are introduced to insights on how to move out of compulsive behavior depressed mood and isolation into a more fulfilling life Readers will learn about the Addicts Life Scale a simple yet insightful tool that illustrates how one's mood is directly related to destructive acting out behaviors Once a man becomes aware of his mood levels he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors Book chapters are structured to help men examine their most personal issues including the nature and origin of sexual addiction the roles of anger anxiety isolation and depression in sexual addiction how co dependency fosters sexual addiction how to cultivate self awareness and improved attitude and creating a healthy life style absent sexually acting out Ultimately readers will discover the satisfaction that comes from improved relationships with their spouses children other men and God Paul Becker's unique Recovery From Sexual Addiction series includes a core book client workbook and a clinician guide The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long term recovery The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr Patrick Carnes

Hidden Healers Stephanie S.

Covington, 2024-04-23 A gripping and deeply felt examination of incarcerated women's lives With unflinching clarity Hidden Healers cuts through the myths about incarcerated women to expose the all too real brutalities they face within a criminal legal system never designed for them Backed by three decades experience providing therapeutic programs inside prisons across the United States trauma specialist Dr Stephanie Covington has used her unique access to amplify the voices of the women themselves Their stories illuminate realities most never see that most women who get caught up in the criminal justice system have themselves been victims of harm that the degradations of today's prisons and jails only magnify their trauma and that incarcerated women regularly risk punishment to tend to one another's well being in unexpected acts of kindness Grounded in research and rich with personal narrative Hidden Healers is a poignant and riveting look inside women's prisons and jails and what we can do to help

Patients Making Meaning Bryna Siegel Finer, Cathryn Molloy, Jamie White-Farnham, 2023-09-20 This book explores how women make meaning at various health flashpoints in their lives overcoming fear anxiety and anger to draw upon self advocacy research and crucial decision making Combining focus group research content analysis autoethnography and textual inquiry the book argues that the making and remaking of what we call patient epistemologies is a continual process wherein a health flashpoint sometimes a new diagnosis sometimes a reoccurrence or worsening of an existing condition or the progression of a natural process can cause an individual to be thrust into a discourse community that was not of their own choosing This study will interest students and scholars of health

communication rhetoric of health and medicine women s studies public health healthcare policy philosophy of medicine medical sociology and medical humanities

Trauma and the 12 Steps, Revised and Expanded

Jamie Marich, 2020-07-07 An inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery Step 1 You admit that you re powerless over your addiction Now what 12 step programs like Alcoholics Anonymous AA and Narcotics Anonymous NA have helped countless people on the path to recovery But many still feel that 12 step programs aren t for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive Some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place Advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today Dr Jamie Marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 step s core foundations and up to date developments in trauma informed care Foregrounding the intersections of addiction trauma identity and systems of oppression Marich s approach treats the whole person not just the addiction to foster healing transformation and growth Written for clinicians therapists sponsors and those in recovery Marich provides an extensive toolkit of trauma informed skills that Explains how trauma impacts addiction recovery and relapse Celebrates communities who may feel excluded from the program like atheists agnostics and LGBTQ folks Welcomes outside help from the fields of trauma dissociation mindfulness and addiction research Explains the differences between being trauma informed and trauma sensitive and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing

A Woman's Way through the Twelve Steps & A Woman's Way through the Twelve Steps

Stephanie S Covington, 2011-11-17 Includes both the book and workbook of A Woman s Way Through the Twelve Steps Recovery is not a man s world and yet to a woman it can sometimes seem that way Geared specifically to women this book and workbook collection bring a feminine perspective to the Twelve Step program searching out the healing messages beneath the male oriented words Based on an open exploration and a flexible interpretation of the Twelve Steps this perspective takes into account the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women in particular Acknowledging that recovery raises special issues for women from questions about sexuality relationships and everyday life to anxieties about speaking up at mixed gender meetings A Woman s Way through the Twelve Steps focuses directly on the feminine experience of addiction and healing Author Stephanie Covington explores the Twelve Steps one by one reiterating each in its traditional language then explaining and illustrating it in a way that highlights a woman s experience empowering the reader to take ownership of her own recovery process as well as her growth as a woman The workbook helps deepen and extend the understanding of the lessons taught in the book and brings

them to life with simple exercises and journaling activities that help women document their growth and recovery process in a personally meaningful way *Many Faces, One Voice* Bud Mikhitarian,2015-05-18 *Many Faces One Voice* is a must read companion book to the award winning film *The Anonymous People* Together with the film this collection of insights illuminated by vibrant faces and voices of recovery takes the reader along a journey of individual growth and potentially to world change A vital record of the lives and testimony of brave people who have come out of the shadows of anonymity to fight stigma and discrimination people who now publicly advocate for the 23 million Americans suffering with addiction Their inspiring stories told in intimate detail are essential to understanding the success the hope and the power of recovery Bud Mikhitarian is an award winning filmmaker and the producer of *The Anonymous People* film Greg Williams is the director of *The Anonymous People* *Confessions of a Recovering Stupid Male* Mike Love,2011-06-03 Do you want to experience a more loving intimate life with the one you love There is hope for couples who are struggling to keep their union together The fine line between a mundane relationship and an extraordinary one depends on what you bring to it In *Confessions of a Recovering Stupid Male* Mike Love shares the story of his own troubled journey from being a self centered immature and angry man to a more open loving and compassionate person Through his own struggles Mike has transformed his ordeals into wisdom that he shares with men who are at that critical turning point in their lives and for the women who love them This book offers hope and down to earth guidance for couples who desire a richer more satisfying relationship far beyond their wildest dreams It addresses important issues like mens anger and violence midlife transitions infidelity love sex and intimacy It also includes a survey of what women want from the men in their lives Are you ready to open the door thats deep within your heart and rediscover the miraculous power of love Then this is the book for you **Twelve Steps to Reclaim a Nation's Soul** Jo Anne Niedermeier,2009-09-15 I have set out a set of principles that may save us from the fate of past societies and cultures It is imperative that governing bodies surrender to the truth of their addiction to power and proceed with sense and a historical perspective on the things that destroyed other nations and cultures and societies We are on a self destructive path and we need to stop and regain the true and real nature of what a governing body should possess

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