

A  
WOMAN'S  
WAY  
*through*  
THE  
TWELVE  
STEPS



Stephanie S. Covington, Ph.D.

# A Womans Way Through The Twelve Steps

**Dana Comstock**



## **A Woman's Way Through The Twelve Steps:**

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 Woman's Way Through the Twelve Steps Workbook** Stephanie S. Covington, 2024-03-05 Each woman's path to recovery is unique and no one understands that quite like Stephanie Covington While many in recovery walk a path with the Twelve Steps of Alcoholics Anonymous AA as their map and guide women often struggle to fit their steps to the Twelve Steps language and concepts like powerlessness and surrender mean something different for them than they do for men In the first edition of A Woman's Way through the Twelve Steps published in 1994 Covington provided women with a new map one that interpreted the Steps their concepts and their language in a way that aligns with women's unique recovery needs Now she expands that work further to include the voices of gender expansive individuals Designed to be used in conjunction with A Woman's Way through the Twelve Steps and A Woman's Way through the Twelve Steps Facilitator Guide this workbook begins with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative guided imagery exercises physical activities and self assessment questions focused on addressing recovery issues and fostering a sense of safety respect and dignity This workbook helps readers deepen and extend their understanding of the Twelve Steps and empowers each woman to take ownership of her recovery process as well as her growth as a person It can be used individually or in facilitated groups in residential or outpatient treatment programs Back cover

**Woman's Way through the Twelve Steps Bundle** Stephanie Covington, 2024-11-12 This is a bundle of A

Woman s Way through the Twelve Steps and A Woman s Way through the Twelve Steps Workbook      **A Woman's Way Through the Twelve Steps Facilitators Guide** Stephanie S. Covington,2009-03-18 First published by Hazelden in 1994 the book A Woman s Way through the Twelve Steps has helped women overcome the traditional male orientation of Alcoholics Anonymous while embracing the spiritual truths of the Twelve Steps Today Stephanie Covington s acclaimed book has evolved into a curriculum of comprehensiveness and clarity The new facilitator s guide offers you practical guidance on how and when to use the DVD client book and workbook      **A Woman's Way Through the Twelve Steps Set** Stephanie S. Covington,2000-09-22 This illuminating view of how women understand and process the Twelve Steps of Alcoholics Anonymous explores such essential topics as spirituality powerlessness and the emergence of a woman s sense of feminine soul A Woman s Way Through the Twelve Steps remains true to the underlying spiritual truths of the Twelve Step program of Alcoholics Anonymous while triumphantly overcoming the traditional male orientation of Alcoholics Anonymous For every woman who has felt there are issues crucial to her recovery that just can t be brought up in a mixed gender meeting this book sheds encouraging feminine light on the wisdom of A A This workbook designed to be used in conjunction with the book makes A Woman s Way Through the Twelve Steps that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this guide works with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on a feminine definition of terms such as powerlessness and letting go guided imagery exercises and physical activities      **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      *A Woman's Journal* Stephanie S. Covington,2019-05-21 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999

Helping Women Recover has set the standard for best practice in the field of women's treatment. Helping Women Recover is a manualized treatment intervention based on Dr. Covington's Women's Integrated Treatment (WIT) model, offering a program developed to meet the unique needs of women addicted to alcohol, other drugs, and those with co-occurring disorders. Included in SAMHSA's National Registry of Evidence-based Programs and Practices, the Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group settings or with individual women in criminal justice settings. Now in its third edition, this binder set includes a hands-on participant's journal that has been updated with new material on opioid addictions, how to become trauma-informed and gender-responsive, LGBTQ issues, and more. Updated references, further reading suggestions, and a chapter for facilitators which includes the challenges of working in the criminal justice system help practitioners to effectively implement the program in daily practice. A vital tool for all mental health and addiction treatment professionals, Helping Women Recover draws from the most up-to-date theory and practical applications in the fields of addiction and trauma. It covers the historical background and fundamental principles of gender-responsive services, provides guidance for facilitating an effective woman's treatment program, offers real-world insights on the role of the facilitator, and includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery, Empowerment, and Women for Sobriety, New Life Program, and Acceptance Statements. Helping Women Recover is essential for mental health and addiction treatment professionals, including counselors, therapists, social workers, psychologists, and psychiatrists who work with women. In HWR, it is essential for anyone providing services to women in criminal justice settings.

[A Man's Workbook](#)  
Stephanie S. Covington, Dan Griffin, Rick Dauer, 2011-01-18. A Man's Workbook offers a companion product that is tied seamlessly to the Helping Men Recover Facilitator's Guide. This participant workbook has four modules: self-relationships, sexuality, and spirituality, and allows men to process and record the therapeutic experience. It contains exercises for use in group sessions, summaries of information presented from the facilitator's guide, and reflection questions and activities for use after group sessions. There is also a criminal justice version of the workbook which is designed specifically for men in criminal justice settings.

[Beyond Violence+](#)  
Stephanie S. Covington, 2025-04-01. A gender-responsive, trauma-informed treatment program for mental health, addiction, and domestic violence professionals working within the criminal justice system. Beyond Violence: A Prevention Program for Justice-Involved Women and Gender-Diverse People is the revised and expanded version of the evidence-based Beyond Violence 2013. The expansion includes additional sessions focusing on suicide prevention, parenting relationships in prison, and gender diversity. This treatment program is specifically developed for those who have committed aggressive or violent crimes and are in prisons, jails, and community correctional settings. The curriculum applies the Social Ecological Model to understand violent impulses and their management. This same conceptual model is used by the Centers for Disease Control and Prevention and by researchers affiliated with the Prison Rape

Elimination Act PREA This four level violence prevention model considers the complex interplay between individual relationship community and societal factors It addresses key issues that put women at risk of experiencing or perpetrating violence The Beyond Violence program consists of 27 group sessions Facilitators receive the background information and content necessary to lead practical and effective sessions and the Participant Workbook allows women to process record and refer back to their therapeutic group experiences By the end of the program participants will have new skills in communication conflict resolution de escalation decision making and self soothing They also will have a newfound understanding of themselves their backgrounds and the paths forward in their lives Beyond Anger and Violence

Stephanie S. Covington,2014-05-27 The participant s essential guide to reflection and personal growth Beyond Anger and Violence A Program for Women Participant Workbook is the participant s personal place for reflection reactions and learning during and after management sessions The activities inside reinforce program lessons about anger and violence including how families relationships communities and society affect one s life In learning about the relationships between thoughts feelings and behaviors participants can begin to grasp a better self understanding that will help them manage anger in a healthier more productive manner They ll develop new skills for communication conflict resolution and decision making and will be introduced to a variety of calming techniques Beyond Anger and Violence is a 40 hour evidence based program designed for women who have difficulty managing anger Based on a social ecological model the program addresses the factors that put people at risk for experiencing overwhelming feelings of anger and perpetrating assaults or destruction of property This curriculum acknowledges anger as a normal appropriate and human emotion but also recognizes the destruction it can lead to if allowed to get out of control This workbook will help guide participants through the program reinforcing the discussions held in session Topics include The effects of trauma Relationships and communication control and conflict The importance of safety and the power of community Self transformation and creating change The workbook also includes a Daily Anger Log a Self Reflection Tool and list of yoga poses that can have a calming effect on both body and mind Participants may already recognize the effects of anger on their lives and that it may even be affecting their health Through the Beyond Anger and Violence program and the exercises in this workbook they can join a group of women working to create a less violent world **Awaken Your Sexuality** Stephanie Covington,Vanessa Carlisle,2025-10-07 This

compassionate comprehensive guide offers hope for those seeking to reconnect or connect for the first time with their sexual selves Addiction trauma and shame can shatter your experience of intimacy and sexual joy But healing is possible and you are not alone Awaken Your Sexuality addresses the complex intersections of trauma addiction and sexual healing with depth and sensitivity Written by leading experts this groundbreaking guide unlocks the path to pleasure intimacy and connection Inside you ll discover Practical exercises to process sexual history and heal from past wounds Ways to explore and embrace pleasure without judgment Support for your unique journey to healthier intimate relationships Real life stories of sexual

recovery Drawing from cutting edge research and decades of clinical experience *Awaken Your Sexuality* goes beyond traditional recovery literature and considers sexuality an integral part of what it means to be whole and well Statistically 1 in 6 women experience sexual violence and many turn to substances or compulsive behaviors to cope This book offers a lifeline a compassionate guide to reclaiming your sexual agency joy and power You deserve pleasure You deserve healing You deserve connection Your sexual recovery starts here A must read for survivors therapists counselors and anyone committed to sexual healing and empowerment 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 Substance Abuse Treatment for Women Offenders Patricia Kassebaum, 1999

**A Young Man's Guide to Self-Mastery, Workbook** Stephanie S. Covington, Roberto A. Rodriguez, 2021-05-25 How practitioners can work with young male clients within a gender responsive treatment program Adverse life events can experience significant impairment in neural development which can lead to weakened critical thinking diminished emotional intelligence and increased antisocial behavior Statistics show that traditional treatment programs are inadequate in helping young men estimated to account for 68% of all teens struggling with substance use disorder to achieve sustained abstinence that leads to recovery A Young Man s Guide to Self Mastery provides practical guidance on implementing an effective trauma informed gender responsive treatment program that addresses the impact of socialization adverse life experiences and substance use This invaluable guide explains the theoretical foundation and real life connection between trauma and substance use and provides clear guidelines and actionable strategies for treating boys and young men challenged by trauma and substance use disorder Provides guidance on integrating evidence based interventions mindfulness techniques and experiential activities Covers the effects of environmental trauma gender development awareness socialization identity sexuality relational violence and aggression Examines trauma s impact on families mental health and comorbid and addictive behavior Discusses the key elements of strength based approaches and mentoring A Young Man s Guide to Self Mastery is an invaluable resource for practitioners working with male adolescents in mental health clinics juvenile justice facilities and residential and outpatient facilities **A Woman's Journal: Helping Women Recover** Stephanie S. Covington, 2019-06-05

The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999

Helping Women Recover has set the standard for best practice in the field of women's treatment. Helping Women Recover is a manualized treatment intervention based on Dr. Covington's Women's Integrated Treatment (WIT) model, offering a program developed to meet the unique needs of women addicted to alcohol, other drugs, and those with co-occurring disorders. Included in SAMHSA's National Registry of Evidence-based Programs and Practices, the Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group settings or with individual clients. Now in its third edition, this binder set including a hands-on participant's journal has been updated with new material on opioid addictions, how to become trauma-informed, and gender-responsive LGBTQ issues and more. The detailed chapter for the facilitator on how to use the program, updated references, and further reading suggestions help practitioners effectively implement the program in daily practice. A vital tool for all mental health and addiction treatment professionals, Helping Women Recover draws from the most up-to-date theory and practical applications in the fields of addiction and trauma. It covers the historical background and fundamental principles of gender-responsive services, provides guidance for facilitating an effective woman's treatment program, offers real-world insights on the role of the facilitator, and includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery, Empowerment, and Women for Sobriety, New Life Program, Acceptance Statements, and more. Helping Women Recover is essential for mental health and addiction treatment professionals, including counselors, therapists, social workers, psychologists, and psychiatrists who work with women in hospitals, addiction treatment programs, community mental health centers, and individual practices.

**Awakening Blackout Girl** Jennifer Storm, 2020-10-06. In this honest and practical guide, rape survivor and victim advocate Jennifer Storm shares the information, tools, and resources she has gained from more than twenty years of personal and professional experience to help fellow survivors recover from co-occurring sexual trauma and substance use. In recent years, the MeToo and Time's Up movements have exposed the truth that many already knew: sexual violence, victimization, and rape culture are real, pervasive, and causing widespread trauma for millions of survivors. This newfound visibility is also shedding light on the lack of resources available for victims to cope and heal from their pain. Perhaps it's not surprising that many turn to whatever coping mechanisms are close by, which often include alcohol, other drugs, and unhealthy behaviors. How can people in recovery from both sexual trauma and substance use heal in a place where victim-blaming and addiction stigma collide? Jennifer Storm is living proof that there is hope. In her memoir *Blackout Girl*, she shared her story and showed survivors that they are not alone. In *Awakening Blackout Girl*, Jennifer goes further by providing the road map she used to wake herself up from the drug-fueled numbness that was killing her and to achieve a fulfilling life of recovery and advocacy. With more than twenty years of experience helping other victims through the criminal justice system, Jennifer knows what survivors face. In this guide, she provides the exercises, tools, and wisdom they need to heal. While covering crucial subjects ranging from shame and self-harm to sex and relationships, Jennifer's message is this: Neither



your pain nor your offender nor anyone else who doubts your strength gets to finish your story You have the power to write your ending You can survive you can heal and you can thrive      *Diversity and Development* Dana Comstock,2005 This edited counseling specific text provides graduate students with needed information on human growth and development It provides a brief overview of developmental theories all of which are a review to students from their undergraduate work At its heart the book based on Relational Cultural theory addresses various topics and critical contexts as they relate to human growth and development and stresses relational development critical thinking and the central theme of how shame plays into development      Gendered (in)justice Pamela J. Schram,Barbara Koons-Witt,2004 This collection examines the gender and environmental factors that precede criminal behavior and the effects of gender on how the criminal justice system perceives and treats adult women offenders Divided into four sections section I is an overview of feminist theory in criminology from its early influence to its recent contributions Section II addresses gender issues important to understanding women and the crimes they commit and emphasizes the need to study how gender organizes criminal activity The articles in section III discuss the laws and policies affecting women offenders including the effects of stereotypes on sentencing and the rising rates of incarceration due to drug laws The final section analyzes the treatment of women in prison and programs for female offenders from a feminist perspective      *Voicing Our Stories/remaking Our Lives* Grassroots Women's Collective,1999 With clarity and conviction this book relates women s stories of adversity and triumph Twelve women from diverse backgrounds and experiences talk about struggle and recovery in this inspiring collection of personal writings Native women immigrant and working class women wives mothers and war refugees speak of sexual and physical abuse workplace harassment alcoholism eating disorders and emotional breakdowns They also document their determination and strength to overcome and move forward Women in struggle and the general reader will be informed and inspired by the extraordinary determination of these ordinary women

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