

STEPHANIE S. COVINGTON

A Woman's Journal

HELPING WOMEN RECOVER

A Program for Treating Addiction

THIRD EDITION



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A Womans Journal Helping Women Recover

**Stephanie S. Covington, Dan
Griffin, Rick Dauer**



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Covington, 2010-12-29 In this new edition, Stephanie Covington includes important new evidence-based data and new proven techniques for her unique and exclusive program, as well as new ways to treat trauma and substance abuse, new principles for gender-responsive strategies with women offenders, and a new module on sexuality and women's recovery. Also, women who have been using the book have written in many small changes and corrections in the directions and exercises. The latest and most up-to-date theory and practice for this very focused but substantial field of treatment. *A Woman's Journal* is tied seamlessly to the facilitator's guide. 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. **A Woman's Journal: Helping Women Recover**

Stephanie S. Covington, 2019-05-14 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. 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 Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program 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 hospitals addiction treatment programs community mental health centers and individual practices

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Woman's Journal , Woman's Way through the Twelve Steps Bundle Stephanie Convington, 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 Stephanie Convington, 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 Workbook Stephanie Covington,2024-03-05 Women s recovery can differ from men s and each person s recovery is in many ways unique That s why Stephanie Covington has designed the A Women s Way Through the Twelve Steps Workbook to help women and gender expansive people each find their own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships self sexuality and everyday life Deepening and extending the lessons of a book that has helped countless women and gender expansive people this workbook makes A Women s Way Through the Twelve Steps that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women 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 self assessment questions focused on women s definitions of terms such as powerlessness and letting go guided imagery exercises and physical grounding activities Designed to be used in conjunction with A Women s Way Through the Twelve Steps this workbook helps deepen and extend the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a person It is also designed to be used in conjunction with A Woman s Way through the Twelve Steps Facilitator Guide in facilitated groups in residential or outpatient treatment programs for substance use disorder or other addictive disorders

Cognitive-Behavioral Therapies for Trauma, Second Edition Victoria M. Follette,Josef I. Ruzek,2006-01-17 This volume presents cutting edge cognitive and behavioral applications for understanding and treating trauma related problems in virtually any clinical setting Leading scientist practitioners succinctly review the whys whats and hows of their respective approaches Encompassing individual group couple and parent child treatments the volume goes beyond the traditionally identified diagnosis of PTSD to include strategies for addressing comorbid substance abuse traumatic revictimization complicated grief acute stress disorder and more It also offers crucial guidance on assessment case conceptualization and treatment planning

Cognitive Behavioral Therapies for Trauma Victoria M. Follette,Josef I. Ruzek,2006 This volume brings together leading clinicians and researchers to present cognitive behavioural approaches to treating PTSD and other trauma related symptoms and disorders

Helping Men Recover 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. This version is designed specifically for men in criminal justice settings.

Beyond Violence+ Stephanie S. Covington, 2025-04-01. A gender responsive trauma informed path forward for incarcerated women. Beyond Violence: A Prevention Program for Criminal Justice Involved Women is a comprehensive evidence based program specifically designed to meet the unique needs of women in correctional settings who have committed a violent crime. In 20 carefully designed sessions, it identifies personal factors correlated with violence, examines the importance of relationships, and explores how violence can manifest in various settings. This package includes both a step by step Facilitator Guide and a Participant Workbook. Beyond Violence encourages active participation, leading women to a deeper understanding of violence and of themselves. Author Stephanie Covington is nationally recognized for her expertise in creating, implementing, and facilitating women's treatment programs. In Beyond Violence, she offers counselors, mental health professionals, and program administrators the tools they need to implement this respected program within the criminal justice system. Participants will understand the relationships between thoughts, feelings, and behaviors, with a focus on anger and violence. Learn new skills including communication, conflict resolution, decision making, and calming/soothing techniques. Discover the effects of our families, our relationships, communities, and the larger society on our lives. Become part of a group of women working to create a less violent world. The Facilitator's Guide contains the theory, structure, and content needed to run effective groups. The Participant's Workbook is designed so that women can process, record, and refer back to their therapeutic experience.

Alcohol Problems: Practice Interventions: Oxford Bibliographies Online Research Guide Katherine van Wormer, 2010-05. This ebook is a selective guide designed to help scholars and students of social work find reliable sources of information by directing them to the best available scholarly materials in whatever form or format they appear, from books, chapters, and journal articles to online archives, electronic data sets, and blogs. Written by a leading international authority on the subject, the ebook provides bibliographic information supported by direct recommendations about which sources to consult and editorial commentary to make it clear how the cited sources are interrelated. Related a reader will discover, for instance, the most reliable introductions and overviews to the topic and the most important publications on various areas of scholarly interest within this topic. In social work, as in other disciplines, researchers at all levels are drowning in potentially useful scholarly information, and this guide has been created as a tool for cutting through that material to find the exact source you need. This ebook is a static version of an article from Oxford Bibliographies Online Social Work, a dynamic, continuously updated online resource designed to provide authoritative guidance through scholarship and other materials relevant to the study and practice of social work. Oxford Bibliographies Online covers most subject

disciplines within the social science and humanities for more information visit [www aboutobo com](http://www.aboutobo.com) **Art Facilitation for Special Needs Populations** Lisa Fields Clark,2012 Identifying five special needs populations the book discusses the unique techniques needed to most effectively assist each group **Substance Abuse Treatment: Addressing the Specific Needs of Women ,** **Good Ol' Pete's Hood Raising Adventures** Dee L. Weston,2022-12-22 Good Ol Pete s Hood Raising Adventures Whitmore s Creek is a short story about an American family the Whitmores who were privileged to inherit generational wealth by means of a flourishing cropping industry since the mid eighteenth century Now that we are in the twenty first century an ominous 110 year old curse that has desecrated the Whitmores private estate is unveiled by a secret coalition Strategically these vigilantes organize a fight in pursuit for justice in reclaiming the deserted property as the Whitmore descendants rightful inheritance Arising from the shadows critters join together to eradicate the elusive creatures which ravaged the land of the Whitmore estate The story of the Whitmore family s anguish and the ominous occurrences on the island resulting from their restless souls is narrated by a down to earth Black American teenage girl who rides in a big rig with her furry companion and her dad named Russ The young teen has major depressive disorder MDD and general anxiety disorder GAD and is grateful for receiving mental health treatment by means of group counseling Frequently the teen utilizes her faith and the tools she learns in the group sessions to help reduce her disorder symptoms She appreciates having a family and best friend who are a great source of emotional support The teen s family appears to have a unique relationship with Ol Pete who is a Peterbilt truck and who embodies the angelic spirit of the previous owner The big rig and his quirky friends serve as the family s protector during many hair raising events throughout the story The teen joins her dad on an adventure down South to pick up her best friend The crew is looking forward to a relaxing trip returning to the north when destiny intervenes Suddenly a foreboding occurrence which leads the crew to the Whitmore estate has foiled their original plans So sit tight as the teen shares with you her mysterious adventure with Ol Pete as they all face many perils of haunting occurrences at the island of Whitmore s Creek We hope you and a special loved one will find Good Ol Pete and his zany friends ghoulish adventures on the creepy island enlightening *Helping Women Recover, Community Journal, (A Workbook Program for Treating Addiction, sold separately and with the package)* Stephanie S. Covington,1999-03-05 Based on the author s more than twenty years of experience focusing on the mental health issues of chemically dependent women the Helping Women Recover program is groundbreaking in its recognition of the special needs of women in recovery Covington has isolated four major areas in a woman s life that need attention for recovery to happen self relationships sexuality and spirituality and the program is organized to address each of these complex issues There is also a special edition of Helping Women Recover for use in correctional settings The program has two components The Facilitator s Guide is for use by the practitioner and it includes for every group session a session overview a suggested script and in depth notes A Woman s Journal is for use by the women outside the group and it includes exercises and guidelines for processing and

writing about life patterns and experiences 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 **Substance Abuse Treatment for Women Offenders** Patricia Kassebaum, 1999 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

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