

Awakening Your Sexuality A Guide For Recovering Women

Helping Women Recover - Stephanie S. Covington 2019-05-29

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 including both a facilitator's guide and 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. 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 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 HWR is essential for anyone providing services to women in criminal justice settings.

A Woman's Way through the Twelve Steps Workbook - Stephanie S Covington 2009-06-03

Designed to be used with *A Woman's Way through the Twelve Steps*, this workbook helps deepen the understanding of the lessons taught and brings them to life with exercises and journaling activities. 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 this workbook *A Woman's Way Through the Twelve Steps* to help a woman find her 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, this workbook 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. Designed to be used in conjunction with *A Woman's Way Through the Twelve Steps*, this workbook helps deepen and extend understanding of the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a woman. A clinician and past

consultant at the Betty Ford Center, Stephanie S. Covington, Ph.D., L.C.S.W., is the author of *A Woman's Way Through the Twelve Steps*, *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*, and *Awakening Your Sexuality: A Guide for Recovering Women*.

A Healing Journey for Women - Stephanie S. Covington 2016-06-01

Beyond Trauma Facilitator Guide

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.

Helping Men Recover - Stephanie S. Covington 2022-08-30

An essential workbook for practitioners treating men with substance use disorders and addiction issues In the second edition of *Helping Men Recover: A Program for Treating Addiction, Workbook*, a team of distinguished practitioners delivers effective resources and tools to accompany their step-by-step guide to treating substance use disorders in men. The provided templates, questions, exercises, and other resources address four areas, including the self, relationships, sexuality, and spirituality, and allow men to process and record the therapeutic experience as they move through it. This new Workbook presents new exercises to use in group sessions, informational summaries, and insightful individual reflection questions and activities that clients can use following group sessions.

[The Handbook of Addiction Treatment for Women](#) - Shulamith Lala Ashenberg Straussner 2001-01-18

Providing essential theoretical and practical guidelines for clinicians, educators, policymakers, and public health professionals, *The Handbook of Addiction Treatment for Women* is a comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment. This much needed guide offers an historical context on the issue of women and addiction, examines the myriad challenges of the female addict, and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict.

Helping Men Recover - Stephanie S. Covington 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 Trauma Workbook - Stephanie Covington 2016-08

Sexual Health in Drug and Alcohol

Treatment - Douglas Braun-Harvey, MA, MFT, CGP, CST 2009-07-27

"Braun-Harvey's manual deserves to become widely adopted at treatment centers across the United States and beyond. His approach offers an effective method for mitigating the shame that binds people to their addictions. In doing so, it may help pave the way to protracted recovery."--Journal of Groups in Addiction and Recovery "The curriculum...provides a vision for chemical dependency treatment I have attempted to address for many years. This looks like an approach that finally meets this need." -- Eli Coleman, PhD Director of the Program in Human Sexuality University of Minnesota "In this new evidence-based curriculum...Doug Braun-Harvey challenges our attitudes and beliefs, as well as our traditional ways of providing treatment....This material on sexual health can help to provide a missing piece for many recovering addicts." --Stephanie S. Covington, PhD, LCSW Author, *Women and Addiction: A Gender-Responsive Approach For men and women in addiction recovery, sexual behavior linked with drug or alcohol use is too often the primary reason for relapse. When sexuality is not directly and positively addressed in drug and alcohol treatment, it can result in treatment failure or relapse. This group facilitator's guide introduces a pioneering, evidence-based curriculum, designed to integrate concepts of sexual health, current sex research, and recent developments in relapse prevention research. With this guide, group facilitators can offer clients a positive and safe forum within which to understand and change their sex/drug- linked behaviors. Key Features: Requires no specialized training, and can be integrated into a wide variety of treatment programs with all types of clientele Contains lesson plans on dating and relationships, spirituality and sexuality, non-consensual sex,*

out-of-control sexual behavior, and more Complete with suggested group activities, guided discussions, questions, role- plays, and more Has been proven to improve client retention and decrease sexual behavioral problems

Awakening Your Sexuality - Stephanie S. Covington 2000

This reprint of a Harper-Collins classic guides women on a remarkable inner journey of exploration, growth, and sexual awakening. Covington addresses such issues as women's sexuality in a male-dominated society; how dysfunctional families influence a woman's sexuality; and how recovery groups can address sexual issues.

A Woman's Journal - Stephanie S. Covington 2019-06-04

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 including both a facilitator's guide and 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. 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

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[A Woman's Journal](#) - Stephanie S. 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.

[Awakening Your Sexuality](#) - Stephanie S Covington 2012-11-08

Gives women the tools to confront guilt, become aware of body image and behavior patterns, honor and accept the past, and begin the liberating journey of sexual recovery and growth. With candor and compassion, Stephanie Covington reminds us that recovery "is about living life fully and completely and sexual recovery is integral to the fullness of your life." With comprehensive scope and individual focus, she addresses the following questions: How is women's sexuality shaped by a male-based society? How do dysfunctional families influence a woman's sexuality? What did the sexual

revolution do for women? How are women affected by alcohol, drugs, and AIDS? What is the connection between sexuality and spirituality? How can recovery groups address sexual issues? Most important, Awakening Your Sexuality gives women the tools to process their sexual histories, understand their sexual selves, and create the sexual lives they want. Covington provides the personalized exercises and positive, step-by-step guidance women need to confront guilt, shame, or addiction; become aware of body image and behavior patterns; honor and accept the past; and begin the liberating journey of sexual recovery and growth.

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

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Helping Men Recover - Stephanie S. Covington 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.

Sexual Health in Recovery - Douglas Braun-Harvey, MA, MFT, CGP, CST 2010-12-15
Based on a curriculum that was successfully

implemented and evaluated at Stepping Stone, a drug and alcohol treatment program in San Diego, *Sexual Health in Recovery* offers counselors a chance to understand and integrate basic sexual health principles into their work. Addiction treatment professionals and their clients will then be able to comfortably and safely address sexual issues that may impede recovery—and thus have a greater chance at successful treatment. Key Topics: Assessing a client's sex/drug-linked relapse risk Improving counselor confidence in talking about sexual issues Dealing with out-of-control sexual behavior Understanding how a client's sexual attitudes and values may help or impede recovery Discussing a client's sexual past when it impacts recovery Encouraging client's sexual health while in recovery Helping clients set expectations for sexual relationships while in recovery Overcoming counselor ambivalence about addressing sexual issues in treatment *Beyond Trauma Workbooks (Package Of 10)* - Stephanie S. Covington 2016-10-30

Provides an evidence-based, twelve-session programme created by Dr. Stephanie Covington, pioneer in the field of women's issues, addiction, and recovery. The participant workbook is an essential part of the programme that helps women explore life experiences and the world around them. It's a personal journal where she can write down her feelings, thoughts and ideas.

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

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Substance Abuse Treatment for Women Offenders - Patricia Kassebaum 1999

A Man's Workbook - Stephanie S. Covington 2011-01-18

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