

# A Woman's Way

## Workshop Overview

Because addiction has been viewed historically as a male disease, treatment, research, and recovery have focused on the male experience. Based on Dr. Covington's book *A Woman's Way through the Twelve Steps* and its companion workbook, this workshop examines the original Twelve Steps, highlights women's experiences in recovering from addictions, and brings to life the keys to recovery for addicted women. By making the Steps more inclusive and accessible, the workshop offers clinicians and recovering women a new perspective that is based on a more open exploration and flexible interpretation of the Twelve Steps. The workshop emphasizes four key areas of life in which recovering women experience the greatest challenge and change: self, relationships, sexuality, and spirituality.

## Workshop Topics

- Historical overview
  - Addiction treatment*
  - Alcoholics Anonymous*
- The Twelve Steps of A. A.
  - Women's perspective*
  - Psychotherapy and the Twelve Steps*
- Four Critical Issues in Recovery
  - Self*
  - Relationships*
  - Sexuality*
  - Spirituality*

## Workshop Objectives

- Review the original Twelve Steps from the perspective of women's experience
- Reflect on the commonalities and differences in women's experience in ways that acknowledge their diversity
- Discuss the pros and cons of the Twelve Step programs for women
- Examine the four issues that recovering women find most challenging and that are major triggers to relapse (self, relationships, sexuality, and spirituality)
- Learn ways to augment a woman's knowledge of how to build a sober, spiritually fulfilled life