

Endorsements

Beyond Trauma: A Healing Journey for Women

“This beautiful and sensitive work will go a long way to help women struggling with trauma and addiction. There’s a strong need to integrate treatment for these issues, which co-occur tragically for so many. Dr. Covington’s approach attends to key themes, including power, violence, self-soothing, response to trauma, the mind-body connection, and feelings. Women who receive this treatment, and the clinicians who work with them, will likely find it a life-changing experience that can open a new path. Dr. Covington’s extraordinary compassion and support are a gift.”

Lisa M. Najavits, Ph.D.

Associate Professor in Psychiatry, Harvard Medical School

Director, Trauma Research Program, Alcohol and Drug Abuse Treatment Center, McLean Hospital

Author of *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* and *A Woman’s Addiction Workbook*

“Once again, Covington demonstrates her unique ability to blend insight and practicality. This curriculum offers meaningful advice to the practitioner, as well as a way toward healing for the client. Experience, thought, and compassion are joined together in an approachable and useable fashion. Covington’s work here makes a serious contribution toward the healing process for women who have experienced trauma.”

Martin F. Horn

Commissioner, New York City Departments of Correction and Probation

“Stephanie Covington understands women: who they are and what they’ve experienced. She combines a thorough, practical approach to treatment with comprehensive and sophisticated theories about women who have experienced all kinds of trauma. This integrated, accessible treatment guide will be invaluable to therapists and the women they treat. It is a wonderful curriculum, Stephanie is a master teacher.”

Stephanie Brown, Ph.D.

Director, The Addictions Institute, Menlo Park, California

Co-Editor: *The Handbook of Addiction Treatment for Women*

“This remarkable curriculum is designed for women dealing with both trauma and addiction. Beyond Trauma emphasizes that they are intricately linked. Although life can seem hopeless with these dual burdens, this curriculum will provide hope and direction to unraveling these issues to building a better tomorrow.”

Charles R. Figley, Ph.D.

Professor and Director, Traumatology Institute, Florida State University