

Helping Women Recover

Workshop Overview

Over the past thirty years our knowledge of women's lives has increased dramatically, and we have added significantly to our understanding of the treatment needs of chemically dependent women. Based on Dr. Covington's book *Helping Women Recover: A Program for Treating Addiction*, the workshop offers a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. Designed to give counselors, clinicians, recovering women, and others a basic understanding of the current knowledge related to chemical dependency, the workshop focuses primarily on women's recovery. The workshop emphasizes the key issues of self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues. Throughout the workshop, Dr. Covington also discusses how the treatment program materials can be used with women in the criminal justice system, the most hidden group of women in our society.

Workshop Topics

- Historical overview
- Theoretical integration
- Gender differences
- Implications of treatment
- Treatment strategies
 - Sense of self/self-esteem*
 - Building healthy relationships*
 - Exploring sexual issues*
 - Healing trauma*
 - Developing a spiritual life*

Workshop Objectives

- Discuss the history of women's treatment
- Integrate current theoretical perspectives
- Understand a development model of addiction for women
- Examine the multiple issues in women's recovery and learn treatment strategies
- Increase participants' understanding of the needs of incarcerated women
- Discuss the integration of spirituality and psychotherapy

STEPHANIE S. COVINGTON, Ph.D., L.C.S.W.

7946 IVANHOE AVE., #201 B, LA JOLLA, CA 92037 TEL: 858-454-8528 FAX: 858-454-8598 www.stephaniecovington.com