

Endorsements

Helping Women Recover: A Program for Treating Substance Abuse (Criminal Justice Version)

“For the first time in my experience, Stephanie Covington’s *Helping Women Recover* curriculum addresses the real issues underlying female criminality. The curriculum is based on sound theories about women’s psycho-social development and experiences. It is designed for a variety of criminal justice settings. The curriculum is restorative in nature, providing meaningful ways for each woman to find her own ‘right path.’”

Anne McDiarmid

Criminal Justice Consultant, St. Paul, MN

“*Helping Women Recover* provides an integrated and holistic approach to woman-centered substance abuse treatment that incorporates findings from treatment research as well as clinical insight derived from years of dedication to helping women recover from addiction. Treatment staff and participants alike will find it to be accessible, affirming, inspiring, and, quite possibly, life saving.”

Christine Grella, Ph.D.

Research Psychologist
UCLA Integrated Substance Abuse Programs
Los Angeles, CA

“An excellent tool for integrating women’s issues with relapse prevention therapy. *Helping Women Recover* is practical, easy to use, and helps guide clinicians to work on the deeper recovery issues with addicted women.”

Terrence T. Gorski

Founder, Clinical Director,
National Relapse Prevention Certification School

"Covington once again has created an insightful and approachable tool for corrections personnel to use in serving women with addictions. Her work has utility and is accessible to staff and to incarcerated persons. She continues to be in the forefront of teaching us how to provide gender-specific treatment to women in custody."

Martin F. Horn

Commissioner of Correction and Probation,
City of New York

“Practitioners, researchers, institution and community based staff will absolutely benefit from reading and applying the theoretical and practical perspectives of *Helping Women Recover*. Frankly, it is refreshing to read information of this caliber that is written based on experiences with working with women offenders.”

Mary V. Leftridge Byrd

Former Superintendent, Commonwealth of Pennsylvania,
Department of Corrections

“In this edition, Dr. Covington provides us with updated research and theory as the framework for this easy-to-use, comprehensive, and trauma-informed treatment program. The detailed exercises cover a broad range of issues related to women’s recovery. Her knowledge and understanding of women are reflected in every page.”

Lisa M. Najavits, Ph.D.

Professor of Psychiatry, Boston University School of Medicine

Endorsements (Cont.)

“In this new addition of *Helping Women Recover*, Stephanie Covington once again sets the standard for women-centered treatment. By detailing the historical, social and empirical context for this approach, Dr. Covington provides the practitioner with a deeper understanding of the program and its real-world implementation. *Helping Women Recover* remains the best practice for treating women and their substance abuse problems.”

Barbara Owen, Ph.D.

Professor, Department of Criminology
California State University-Fresno

“A comprehensive, practical, and extraordinarily valuable guide for anyone involved in creating, implementing, or facilitating women’s treatment programs.”

Janet L. Surrey, Ph.D.

Founding Scholar, Jean Baker Miller Training Institute
Stone Center, Wellesley College

“*Helping Women Recover* is an awesome tool for both experienced and new counselors in the field of chemical dependency treatment. As many women who battle alcohol and other drug problems also suffer from a multitude of other issues, *Helping Women Recover* is a curriculum that recognizes the need to treat the whole person. From self-esteem to gender discrimination to addressing trauma, every facet of a woman’s life is addressed in this curriculum. It is truly a must-have for any facility that endeavors to successfully treat women in recovery.”

Staff

Life Tech Transition Center (Community Corrections), Alabama