

# Endorsements

## Helping Women Recover: A Program for Treating Addiction (Community Version)

“A clear and comprehensive guide. Covington provides addiction professionals with a precise and detailed curriculum based on her knowledge, caring, and years of experience addressing the special needs of addicted women.”

**Monessa Overby**

Vice President, Clinical Services, Betty Ford Center

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

**Terence T. Gorski**

Founder, Clinical Director, National Relapse Prevention Certification School

“A well-written, thorough, eminently practical, and wise curriculum for all women - therapists and client, teachers and students. She combines a deep understanding of female psychology with the realities of male-oriented culture to create a supportive model that emphasizes positive self-exploration and discovery. Covington provides a detailed teaching map - what to say, when, and why. Novice and experienced counselors can run with this outstanding plan. Underlying the text is the assurance that the author understands women, what safety means to them, how important it is as a base for healing, and how to achieve it.”

**Stephanie Brown**

Director, The Addictions Institute and author of *Treating Alcoholism*

“Covington has written a comprehensive, practical and extraordinarily valuable guide for anyone involved in creating, implementing, or facilitating women’s treatment programs. The work is grounded in Covington’s impressive range of experience and her deep appreciation for the essential components of women’s recovery process.”

**Janet L. Surrey, Ph.D.**

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

“An exciting curriculum for women in which the facilitator is given clear and detailed instructions. It would be a healing and revealing experience to participate in these sessions.”

**Anne Geller, M.D.**

Associate Professor of Clinical Medicine, Columbia University, Past President,  
American Society of Addiction Medication

“*Helping Women Recover* is vital to our work with the chemically dependent female – and there is no one that understands gender specific work better than Stephanie Covington!”

**Claudia Black, Ph.D.**

Founding Scholar  
Author of “*It Will Never Happen to Me*”