

**STEPHANIE S. COVINGTON, PhD, LCSW**  
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### **BIOGRAPHICAL SKETCH**

Dr. Stephanie Covington is a clinician, author, organizational consultant, and lecturer. Recognized for her pioneering work in the area of women's issues, Dr. Covington specializes in the development and implementation of gender-responsive services. She has conducted seminars worldwide on addiction, sexuality, families, and relationships for health professionals, business and community organizations, and recovery groups. The seminars, both practical and sensitive in approach, provide professionals with a valuable opportunity to learn new skills for dealing with personal, institutional, and societal changes as we move into the twenty-first century.

Dr. Covington's organizational work in both the public and private sectors focuses on systems change and the development of caring, compassionate, and empowering environments. Her work as a consultant to the Betty Ford Treatment Center included the creation of a progressive and innovative program for women. She also consulted with Hanley-Hazelden in West Palm Beach on the development of the Center for Women's Recovery. Dr. Covington recently completed a multiyear contract with the Pennsylvania Department of Corrections to provide comprehensive, system-wide consulting services to address the issues of female offenders. She also helped the PA DoC create an addiction treatment philosophy and design a treatment framework to serve both women and men.

Dr. Covington has also served as a consultant to the United Nations Office on Drugs and Crime (UNODC) in Vienna and the Center for Substance Abuse Treatment (CSAT) in Washington, D.C. She was a workshop chair for both the Women's Treatment Improvement Protocol (TIP) and the Trauma TIP (published by CSAT). She also co-authored the National Institute of Corrections three year research project "Gender-Responsive Strategies: Research, Practice, and Guiding Principles for Women Offenders."

Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology, and she is a former chair of the Women's Committee of the International Council on Alcoholism and Addiction. Dr. Covington is a board-certified Diplomate of the National Association of Social Workers, the American Board of Sexology, and the American Board of Medical Psychotherapists, and she is a member of the American Association of Marriage and Family Therapy.

Among the many articles and books written by Dr. Covington are:

- *A Woman's Way through the Twelve Steps* and its companion workbook
- *Awakening Your Sexuality: A Guide for Recovering Women*
- *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy.*

She has authored three curricula:

- *Helping Women Recover: A Program for Treating Addiction* (with a special edition for the criminal justice system)
- *Beyond Trauma: A Healing Journey for Women*
- *Voices: A Program of Self-Discovery and Empowerment for Girls.*

Dr. Covington is based in La Jolla, California, where she is co-director of both the Institute for Relational Development and the Center for Gender and Justice.