

Helping Men Recover:

A Program for Treating Addiction

Overview

This two-day training presents a new and innovative treatment program, *Helping Men Recover: A Program for Treating Addiction*. The presenters have developed, with Dr. Stephanie Covington, the first gender-responsive and trauma-informed treatment curriculum for men. This curriculum addresses what is often missing in prevailing treatment models: a clear understanding of the impact of male socialization on the recovery process, a consideration of the relational needs of men, and a focus on the issues of abuse and trauma. Existing models often provide little direction in helping men to establish a healthy sense of self outside of stereotypical masculine scripts. In contrast, this is one of the primary goals of *Helping Men Recover*.

Helping Men Recover integrates a theory of addiction, a theory of trauma, and a theory of male psychosocial development. The program materials consist of a facilitator manual and a participant workbook. There is a community version and a criminal justice version. This presentation provides an historical overview of the history of men's treatment and the research that establishes the foundation for this innovative curriculum. Preliminary outcome data from the pilot groups that have been running since September 2009 is also discussed. However, the main focus of this training is on the interactive exercises drawn from the curriculum.

Professionals who attend this session will:

- Understand the core elements of gender-responsive treatment.
- Understand how individual and cultural traumas affect men's treatment and recovery.
- Understand how male socialization can be both an asset and a barrier to a man's treatment and recovery.
- Learn about a gender-responsive and trauma-informed treatment curriculum for men.

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