

Helping Women Recover:

A Program for Treating Addiction (3rd edition)

Overview

Over the past forty years our knowledge of women's lives has increased dramatically, and we have added significantly to our understanding of the treatment needs of women with substance use disorders. Based on the latest edition of Dr. Covington's treatment curriculum, *Helping Women Recover: A Program for Treating Addiction*, this training offers a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. Designed to give counselors, clinicians, and others a basic understanding of the current knowledge related to addiction, the training focuses primarily on women's recovery. It emphasizes the key issues of self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues. There are two versions: community and criminal justice.

New additions to the 3rd edition include:

- Expansion from 17 to 20 sessions
- Trauma-sensitive yoga exercises
- Updated gender information and language
- Incorporating more mindfulness
- New brain research as it relates to addiction and trauma
- Updated statistics
- Adverse Childhood Experiences (ACEs) survey
- Process of trauma and its effects on the mind and body

Topics

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

Objectives

- Discuss the history of women's treatment
- Integrate current theoretical perspectives
- Examine the multiple issues in women's recovery
- Demonstrate specific treatment strategies
- Integrate trauma and addiction treatment

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