

Voices:

A Program of Self-Discovery and Empowerment (2nd Edition)

Overview

Adolescence is a time of tremendous discovery, struggle, and growth. This process is particularly difficult for girls as they face unique challenges along the road to healthy development. Their challenges can be exacerbated by our culture - which often offers girls a toxic environment in which to grow. Many young women lose their voice in this process. This workshop is based on the newly revised and updated trauma-informed curriculum, *Voices: A Program of Self-Discovery and Empowerment for Girls*. Today we are hearing more about girls and bullying, the pressures of social media, early puberty, gender exploration, human sex trafficking, and binge drinking. Texting, social media, and online or “in real life” (IRL) friends are part of the changes in girls’ social lives. These are some of the topics added to the 2nd edition. It is designed to encourage girls and young women to find and express themselves. The program materials (facilitator’s guide and participant’s journal) can be used in schools, treatment facilities, and juvenile justice settings. This training describes the world of girls, as well as providing an overview of the elements needed for creating gender- and trauma-responsive services. The focus is on interactive exercises that demonstrate the strategies that counselors can use with girls and young women. The topics covered include developing a positive sense of self, building healthy relationships, substance misuse, physical and emotional wellness, sexuality and planning for a positive future. The issues of girls in the juvenile justice system are also addressed.

Topics

- Developing gender-responsive services
- The world of girls
- Theoretical foundation
- Becoming trauma informed and trauma responsive
- Girls in juvenile justice settings
- Specific interactive activities
 - o Self
 - o Relationships
 - o Healthy Living (physical, emotional, and spiritual)
 - o The Journey Ahead

Objectives

- Understand the world of girls/young women
- Discuss gender differences
- Explore elements of gender- and trauma-informed services
- Demonstrate specific therapeutic strategies
- List and describe five yoga poses or grounding exercises for girls

STEPHANIE S. COVINGTON, Ph.D., L.C.S.W.

7946 IVANHOE AVE., #201 B, LA JOLLA, CA 92037 TEL: 858-454-8528 FAX: 858-454-8598 www.stephaniecovington.com