

Helping Women Recover

Workshop Overview

Over the past thirty years our knowledge of women's lives has increased dramatically, and we have added significantly to our understanding of the treatment needs of chemically dependent women. Based on Dr. Covington's book *Helping Women Recover: A Program for Treating Addiction*, the workshop offers a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. Designed to give counselors, clinicians, recovering women, and others a basic understanding of the current knowledge related to chemical dependency, the workshop focuses primarily on women's recovery. The workshop emphasizes the key issues of self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues. Throughout the workshop, Dr. Covington also discusses how the treatment program materials can be used with women in the criminal justice system, the most hidden group of women in our society.

Workshop Topics

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

Workshop Objectives

- Discuss the history of women's treatment
- Integrate current theoretical perspectives
- Understand a development model of addiction for women
- Examine the multiple issues in women's recovery and learn treatment strategies
- Increase participants' understanding of the needs of incarcerated women
- Discuss the integration of spirituality and psychotherapy

Beyond Trauma: A Healing Journey for Women

Workshop Overview

While research and clinical experience indicate a high incidence of co-occurring disorders in women's lives, counselors and clinicians often struggle with the realities of providing treatment. This workshop is based on a new woman-centered trauma treatment curriculum, *Beyond Trauma*, designed for use in outpatient, residential, and criminal justice settings. Cognitive-behavioral techniques, expressive arts, and the principles of relational therapy are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the other self (behavior and relationships, including parenting). The training includes interactive exercises that demonstrate techniques that counselors can use to help clients develop coping skills, as well as emotional wellness. There is also a segment on specific issues in criminal justice settings: management and supervision, medical and psychological services.

Workshop Topics

- Developing gender-responsive services
- Connection between trauma, mental health, and substance abuse
- Trauma-informed services
- Gender differences in terms of risk and response
- Triggers and retraumatization
- Grounding and dissociation
- Mind-body connection
- Emotional development
- Relational and sexual issues
- Secondary traumatic stress
- Specific concerns and challenges in criminal justice settings

Workshop Objectives

- Understand the historical background of trauma
- Explore the connection between addiction, trauma, and mental health
- Discuss gender differences
- Explicate the process of trauma
- Provide specific treatment interventions
- Develop strategies for work in criminal justice settings

Voices: A Program of Self-Discovery and Empowerment

Workshop 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 new curriculum, *Voices: A Program of Self-Discovery and Empowerment for Girls*. It is designed to encourage girls and young women to find and express themselves. The program materials (facilitator's guide and participant's workbook) 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-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 abuse, physical and emotional wellness, sexuality and planning for a positive future. The issues of girls in the juvenile justice system are also addressed.

Workshop Topics

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

Workshop Objectives

- Understand the world of girls/young women
- Discuss gender differences
- Explore elements of gender-responsive services
- Demonstrate specific strategies