

A Woman's Way through The Twelve Steps:

A New Approach

Overview

When Alcoholics Anonymous (AA) was founded in 1935, most – if not all – of the participants were men. Women's use and abuse of alcohol and other drugs was hidden, along with the pervasiveness of domestic violence, incest, and other forms of abuse against women. In the past thirty years, however, we have developed a strong body of research about women's lives and women's addictive disorders. We now know that about 30 percent of all addicts in the U.S. are women. Many women have entered recovery programs based on the Twelve Steps of AA, and we have discovered that women's needs in recovery and their pathways to recovery differ in some significant ways from those of men. This training discusses some of these gender differences and presents the program materials that are anchored by *A Woman's Way through The Twelve Steps*, a book that has sold more than 400,000 copies. Now there is a facilitator guide, DVD, and App to complement the popular book and workbook. The training offers practical guidance for conducting this thirteen-session curriculum of experiential exercises focused on the themes in each of the Steps (such as: letting go, acceptance, Higher Power, gratitude, making amends, and others).

Topics

- Creating services for women and girls
- History of Twelve Step programs
- Importance of self-soothing
- Themes in each Step
- Experiential exercises for each Step

Objectives

- Define gender-responsive services
- Describe history of Twelve Step programs
- Introduce facilitation process for *A Woman's Way*
- Provide exercises to help women and girls understand the themes/concepts in each Step

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