

# Helping Women Recover: A Program for Treating Addiction

## 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 treatment curricula *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 addiction, 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.

## 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*

## Objectives

- Discuss the history of women's treatment
- Integrate current theoretical perspectives
- Examine the multiple issues in women's recovery
- Demonstrate specific treatment strategies
- Increase participants' understanding of the needs of incarcerated women