

***Helping Women Recover
Virtual Training***

DAY 1

12:00 pm – 01:30 pm	Welcome, Introductions, Housekeeping Training Structure Creating Services for Women <ul style="list-style-type: none">• History of Women and Addiction• What is “Gender-responsive” Treatment?• Becoming Trauma-informed <i>Helping Women Recover Program</i> <ul style="list-style-type: none">• Theory of Addiction• Theory of Trauma• Theory of Women’s Psychological Development
01:30 pm – 01:45 pm	Break
01:45 pm – 03:00 pm	Four Key Issues: <ul style="list-style-type: none">• Self• Relationship• Sexuality• Spirituality Using the Facilitator’s Guide Questions
03:00 pm – 03:15 pm	Break
03:15 pm – 04:30 pm	<i>Therapeutic Strategies</i> Opening session Self: <ul style="list-style-type: none">• Who am I?• Retrospective Journey• River of Self Esteem• Role Reversal Exercise Questions, Comments, Take-aways

DAY 2

12:00 pm – 01:30 pm	<p><i>Therapeutic Strategies</i></p> <p>Relationships:</p> <ul style="list-style-type: none"> • Family of Origin • Mother – Daughter • Father- Daughter
01:30 pm – 01:45 pm	Break
01:45 pm – 03:00 pm	<p><i>Therapeutic Strategies</i></p> <p>Relationships:</p> <ul style="list-style-type: none"> • Understanding Trauma • Interpersonal Violence
03:00 pm – 03:15 pm	Break
03:15 pm – 04:30 pm	<p><i>Therapeutic Strategies</i></p> <p>Relationships:</p> <ul style="list-style-type: none"> • Healthy Relationships <p>Questions, Comments, Take-aways</p>

DAY 3

12:00 pm – 01:30 pm	<p><i>Therapeutic Strategies</i></p> <p>Sexuality</p> <ul style="list-style-type: none"> • Sexuality and Addiction • Sexual – Chemical Lifeline • Body Image
01:30 pm – 01:45 pm	Break
01:45 pm – 03:00 pm	<p><i>Therapeutic Strategies:</i></p> <p>Sexuality</p> <ul style="list-style-type: none"> • Sexual Orientation • Sexual Abuse /Safety • Barriers to Healthy Sexuality
03:00 pm – 03:15 pm	Break
03:15 pm – 04:30 pm	<p>Sexuality</p> <ul style="list-style-type: none"> • Healthy Sexuality • Sexual Bill of Rights <p>Questions, Comments, Take-aways</p>

DAY 4

12:00 pm – 01:30 pm	Therapeutic Strategies Spirituality <ul style="list-style-type: none">• Prayer and Meditation• Creating a Vision• Use of Ritual• ORID• Celebration and Appreciation
01:30 pm – 01:45 pm	Break
01:45 pm – 03:00 pm	Implementation Questions, Comments Review of Trauma Informed Principles
03:00 pm – 03:15 pm	Break
03:15 pm – 04:30 pm	Self Care Closing Ritual