

STEPHANIE S. COVINGTON, PhD, LCSW
Covington Training Institute | Center for Gender and Justice
1201 Camino Del Mar, Suite 204, Del Mar, California 92014
Phone: (858) 454-8528
www.stephaniecovington.com www.centerforgenderandjustice.org

Virtual Training

Integrating Sexuality into Recovery from Addiction and Healing from Trauma

Facilitated by:
Stephanie Covington, PhD, LCSW & Vanessa Carlisle, PhD

DAY ONE

12:00 pm – 1:15 pm	Welcome and Introductions Overview of the Two Days <ul style="list-style-type: none">• Structure and Process of the Training Impact of Sexual Issues <ul style="list-style-type: none">• Addiction• Trauma What's been Missing...and the Silence What is Sexuality? Six Principles of Healthy Sexuality Exercise: Checking in Today
01:15 pm – 01:30 pm	Break
01:30 pm – 02:30 pm	Introducing the <i>Awaken Your Sexuality</i> book and workbook The Inner and Outer Journey of Sexual Recovery Feelings: The Inner Journey <ul style="list-style-type: none">• Dual Control Model• Arousal Non-concordance• Desire• Exercise: Social Lies Somatic Practice
02:30 pm – 02:45 pm	Break
02:45 pm – 03:45 pm	Upward Spiral Actions: The Outer Journey <ul style="list-style-type: none">• Childhood Family Messages• Family Map• Exercise: Sexual History Lifeline• Relationship History Chart Somatic Practice
03:45 pm – 04:00 pm	Q&A

DAY TWO

12:00 pm – 12:15 pm	Welcome Back Questions and Comments
12:15 pm – 01:15 pm	The Power of Choice: Ongoing Recovery <ul style="list-style-type: none">• Hopelessness, Safety Plans• Observer Self• Sexual Rights and Responsibilities• Guilt, Shame, and Compassion Somatic Practice
01:15 pm – 01:30 pm	Break
01:30 pm – 02:30 pm	Awakening to Intimacy <ul style="list-style-type: none">• Self-Intimacy• Know Your Mind, Body, and Spirit• Friendship• Intimate vs. Addictive Relationships Somatic Practice
02:30 pm – 02:45 pm	Break
02:45 pm – 03:45 pm	The Continuing Journey of Sexual Recovery
03:45 pm – 04:00 pm	Q&A