

# A Woman's Journal



HELPING WOMEN RECOVER

STEPHANIE S. COVINGTON

# Helping Women Recover Community Journal

**Earlene Festervan**



## **Helping Women Recover Community Journal:**

**Helping Women Recover, Community Package, A Program for Treating Addiction (Package includes Facilitator's Guide, and A Woman's Journal)** Stephanie S. Covington, 1999-03-05 A Step by Step Guide to a Powerful Process for Healing Women with Addiction While there is a wealth of material available for the treatment of addiction most of the information is based on research focused on men not women Helping Women Recover fills this void and offers a program specifically designed to meet the unique needs of women who are addicted to alcohol and other drugs The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement this healing process in group therapy settings or with individual clients A clear and comprehensive guide Covington provides addiction professionals with a precise and detailed curriculum based on her knowledge caring and years of experience addressing the special needs of addicted women Monessa Overby vice president clinical services Betty Ford Center An excellent tool for integrating women s issues with relapse prevention therapy Helping Women Recover is practical easy to use and helps guide clinicians to work on the deeper recovery issues with addicted women Terence T Gorski founder clinical director National Relapse Prevention Certification School A well written thorough eminently practical and wise curriculum for all women therapists and clients teachers and students She combines a deep understanding of female psychology with the realities of male oriented culture to create a supportive model that emphasizes positive self exploration and discovery Covington provides a detailed teaching map what to say when and why Novice and experienced counselors can run with this outstanding plan Underlying the text is the assurance that the author understands women what safety means to them how important it is as a base for healing and how to achieve it Stephanie Brown director The Addictions Institute and author of Treating Alcoholism A comprehensive practical and extraordinarily valuable guide for anyone involved in creating implementing or facilitating women s treatment programs Janet L Surrey founding scholar Jean Baker Miller Training Institute Stone Center Wellesley College Helping Women Recover is vital to our work with the chemically dependent female and there is no one who understands gender specific work better than Stephanie Covington Claudia Black author of It Will Never Happen to Me Helping Women Recover is an exciting curriculum for women in which the facilitator is given clear and detailed instructions To participate in these sessions would be a healing and revealing experience Anne Geller associate professor of clinical medicine Columbia University and past president American Society of Addiction Medicine [A Woman's Journal: Helping Women Recover](#) Stephanie S. Covington, 2019-05-14 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 Helping Women Recover has set the standard for best practice in the field of women s treatment Helping Women Recover is a manualized treatment intervention based on Dr Covington s Women s Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA s National Registry of Evidence

based Programs and Practices The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual clients Now in its third edition this binder set including a hands on participant s journal has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more The detailed chapter for the facilitator on how to use the program updated references and further reading suggestions help practitioners effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals Helping Women Recover Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman s treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements Helping Women Recover is essential for mental health and addiction treatment professionals including counselors therapists social workers psychologists and psychiatrists who work with women in hospitals addiction treatment programs community mental health centers and individual practices

**A Woman's Journal** Stephanie S. Covington, 2019-05-21 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 Helping Women Recover has set the standard for best practice in the field of women s treatment Helping Women Recover is a manualized treatment intervention based on Dr Covington s Women s Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA s National Registry of Evidence based Programs and Practices The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual women in criminal justice settings Now in its third edition this binder set includes a hands on participant s journal that has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more Updated references further reading suggestions and a chapter for facilitators which includes the challenges of working in the criminal justice system help practitioners to effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals Helping Women Recover Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman s treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements Helping Women Recover is essential for mental health and addiction treatment professionals including counselors therapists social

workers psychologists and psychiatrists who work with women in HWR is essential for anyone providing services to women in criminal justice settings      A Woman's Journal Stephanie S. Covington,2019-06-04 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 Helping Women Recover has set the standard for best practice in the field of women s treatment Helping Women Recover is a manualized treatment intervention based on Dr Covington s Women s Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA s National Registry of Evidence based Programs and Practices The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual women in criminal justice settings Now in its third edition this binder set includes a hands on participant s journal that has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more Updated references further reading suggestions and a chapter for facilitators which includes the challenges of working in the criminal justice system help practitioners to effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals Helping Women Recover Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman s treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements Helping Women Recover is essential for mental health and addiction treatment professionals including counselors therapists social workers psychologists and psychiatrists who work with women in HWR is essential for anyone providing services to women in criminal justice settings      Helping Women Recover, Correctional Package, A Program for Treating Addiction, Special Edition for Use in Correctional Settings (Package includes Facilitator's Guide and A Woman's Journal) Stephanie S. Covington,1999-03-19 Since it was first published in 1999 Helping Women Recover has set the standard for best practice in the field of women s treatment Helping Women Recover is based on Dr Covington s Women s Integrated Treatment WIT model It offers a program specifically designed to meet the unique needs of women in correctional settings who are addicted to alcohol and other drugs or have co occurring disorders This thoroughly revised and updated edition includes evidence based and empirically tested therapeutic interventions that are used to treat substance abuse and trauma in an innovative way The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program within the criminal justice system      Criminal Conduct and Substance Abuse Treatment for Adolescents: Pathways to Self-Discovery and Change Harvey B. Milkman,Kenneth W. Wanberg,2012-07-23 This Provider s Guide introduces a

comprehensive and developmentally appropriate treatment program Pathways for Self Discovery and Change PSDC which provides the specific tools necessary for improving evaluation and treatment of at risk youth a particularly vulnerable patient population in the justice system Using an adolescent focused format this protocol identifies psychological biological and social factors that contribute to the onset of adolescent deviance and establishes guidelines for delivery of a 32 session treatment curriculum designed to rehabilitate both male and female adolescents with co occurring substance abuse and criminal conduct Now in its Second Edition this guide provides treatment practitioners program evaluators and youth services administrators with the most up to date comprehensive and accessible information for the treatment and rehabilitation of juvenile justice clients It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients as well as feedback over the past seven years from PSDC counselees treatment providers and program administrators

**Working with Women Offenders in the Community** Rosemary Sheehan, Gill McIvor, Chris Trotter, 2010-12-21 Contributions to this book challenge policy makers and corrections systems to concentrate on community provision for women offenders and resist popular calls for more punitive responses to all offenders women included Contributors come from a wide range of countries including Australia Canada UK and USA They argue that the criminogenic lens applied to women s offending must be gender responsive if systems are to be successful at addressing the disadvantage and risk associated with offending behaviour

**Handbook of Evidence-Based Substance Abuse Treatment in Criminal Justice Settings** Carl Leukefeld, Thomas P. Gullotta, John Gregrich, 2011-08-28 Get high Become addicted Commit crimes Get arrested and be sent to jail Get released Repeat It s a cycle often destined to persist in large part because the critical step that is often missing in the process which is treatment geared toward ensuring that addicts are able to reenter society without the constant threat of imminent relapse The Handbook of Evidence Based Substance Abuse Treatment in Criminal Justice Setting probes the efficacy of corrections based drug interventions particularly behavioral treatment With straightforward interpretation of data that reveals what works what doesn t and what needs further study this volume navigates readers through the criminal justice system the history of drug treatment for offenders and the practical problems of program design and implementation Probation and parole issues as well as concerns specific to special populations such as women juvenile offenders and inmates living with HIV AIDS are also examined in detail The Handbook s wide ranging coverage includes Biology and genetics of the addicted brain Case management for substance abusing offenders Integrated treatment for drug abuse and mental illness Evidence based responses to impaired driving Monitoring technology and alternatives to incarceration The use of pharmacotherapy in rehabilitation This must have reference work is a comprehensive and timely resource for clinicians researchers and graduate students across a variety of disciplines including clinical psychology criminology and criminal justice counseling and educational policy makers

**The Wiley Handbook on What Works with Girls and Women in Conflict with the Law** Shelley L. Brown, Loraine Gelsthorpe, 2022-03-14 The Wiley

Handbook on What Works with Girls and Women in Conflict with the Law The most practical discussion of the rehabilitation of girls and women in conflict with the law in the correctional arena What Works with Girls and Women in Conflict with the Law is the leading examination of evidence based practice in the field of gender responsive corrections Adopting an international and intersectional approach the distinguished authors seek to collect the best available data and thinking on what works with girls and women and apply it to the real world problems facing correctional systems today As part of its contextual and rich approach to the subject What Works with girls and women in conflict with the law covers a broad variety of topics ranging from theories of female involvement in crime security classification and risk assessment evidence based treatment and supervision approaches special populations such as Indigenous women to legal policy developments in the field of gender responsive corrections Perfect for students and practitioners in the field of psychology criminology social work criminal justice and corrections this is the only reference of its kind to focus on the practical applications of the latest theory

**Women and the Criminal Justice System** Katherine Stuart van Wormer, Clemens Bartollas, 2021-12-30 This book presents an up to date analysis of women as victims of crime as individuals under justice system supervision and as professionals in the field The text features an empowerment approach that is unified by underlying themes of the intersection of gender race and class and evidence based research Personal narratives supplement research and statistics to help students connect the text material with real life situations This new edition is informed by consideration of major ongoing social movements such as MeToo Black Lives Matter and the fight to reduce mass incarceration The text stresses contemporary topics such as recognition of lesbian bisexual and transgender issues in juvenile and adult facilities the introduction of trauma informed care in detention centers and prisons the criminalization of Black girls and women the effects of an increasingly militarized police culture and the contributions of Ruth Bader Ginsburg and other influential women With its emphasis on critical thinking this text is ideal for undergraduate courses concerning women in the justice system

**Women Probationers** Earlene Festervan, 2003 Approximately one in five probationers in the United States is female This population has needs and requirements that differ from their male counterparts The text discusses the different treatment that women require to make probation work successfully for them

**Substance Abuse Treatment with Correctional Clients** Letitia C Pallone, Barbara Sims, 2012-10-12 Explore the possibilities for successfully treating incarcerated or community based substance abusers Substance Abuse Treatment with Correctional Clients Practical Implications for Institutional and Community Settings provides key research findings and policy implications for treating alcohol and drug addicted correctional clients This book addresses a range of critical issues associated with delivering treatment in institutional and community settings The critical thinking questions tables extensive bibliographies and name and subject index will help academics and practitioners in criminal justice sociology counseling psychology and public policy Substance Abuse Treatment with Correctional Clients shares the practical knowledge of researchers and practitioners in the

fields of drug and alcohol addictions substance abuse counseling and criminal justice The first section provides a review of the theoretical explanations for substance abuse best practice treatment programs for substance abusers and the use of coerced mandated treatment The second section addresses the substance addicted offender in the institutional setting the third includes works that describe community based treatment programs and the problems associated with them and the fourth looks at special treatment populations including juveniles and adolescent females In Substance Abuse Treatment with Correctional Clients you will find reviews of various types of treatment programs being used to treat substance addicted individuals a study of the predictors of success and or failure in corrections based substance abuse programming how to identify and use the predictors to prevent relapse arguments for and against coerced treatment in the correctional environment and the concept of motivation a thorough investigation of the therapeutic community TC program for institutional based substance abusers descriptions of treatment programming designed specifically for substance abusing community corrections clients drug courts and Pennsylvania's Restrictive Intermediate Punishment treatment program Substance Abuse Treatment with Correctional Clients guides you through the major policy issues faced by those who provide substance abuse treatment under what can only be described as coercive circumstances In this important resource you will discover major treatment modules as well as advice for working with adult juvenile and male or female offenders This book provides you with the techniques that treatment communities need for helping offenders stay clean after they re enter the community environment

*Women who Offend* Gill McIvor, 2004 Presenting research that will underpin effective practice with women who offend this unique and thought provoking text aims to help professionals meet the needs of this group as well as providing a theoretical resource for policy makers and academics The authors coming from a variety of professional and research perspectives discuss important issues concerning women in the criminal justice system including the increase in custodial sentences for women black women in prison patterns of female offending drug use and the criminal justice system the needs of women on release from prison Calling into question the relevance to female offenders of research conducted with men who commit crime the contributors provide a comprehensive knowledge base on women and crime for professionals who work in this area With a broad range of contributions this book will be helpful to probation officers social workers policy makers and others who work with female offenders

*Women, Girls, and Addiction* Cynthia A. Briggs, Jennifer L. Pepperell, 2009-06-19 Women Girls and Addiction is the first book on the efficacy of treatment approaches and interventions that are tailored to working with addicted women and the first publication of any kind to provide a feminist approach to understanding addiction from the female perspective Part one provides an overview of feminist theory and addiction counseling followed by an historical look at women and addiction Part two gives an in depth look at the biological psychological and social factors The final section presents a series of chapters spanning the lifespan which each feature age specific special issues treatment strategies interventions and commonly encountered topics

Female Sexual Offenders



Theresa A. Gannon, Franca Cortoni, 2010-10-28 Featuring a collection of essays by leading experts **Female Sexual Offenders Theory Assessment and Treatment** is the first book to bring together current research clinical assessment and treatment techniques of female sexual offenders into one accessible volume Describes the most recent research data regarding female sexual offenders covering such issues as female perpetrated sexual abuse prevalence and juvenile offenders Includes an assessment of the risk of recidivism international treatment initiatives and a discussion on the use of the polygraph with female sexual offenders Features practitioner focused essays which evaluate current assessment strategies treatment needs effectiveness and processes for female sexual offenders

**Women and Prison** Jada Hector, 2020-06-22 This edited volume presents research about life in prison for women discussing both incarcerated women and those working in prisons It addresses women's paths through the criminal justice system from sentencing through post incarceration and reintegration into society highlighting the differences in women's experience of prison compared to their male counterparts and noting both the positive and negative changes implemented for women behind bars Covering research on stigma pop culture motherhood sexuality and gender access to healthcare vocational training and educational opportunities this text takes both a local and international view **Women and Prison** is a comprehensive volume suitable for criminal justice researchers mental health professionals students of criminology women's studies sociology and those seeking a career in corrections

**What Works With Women Offenders** Rosemary Sheehan, Gill McIvor, Chris Trotter, 2013-05-13 The number of women prisoners has been growing rapidly during recent years and in many places has more than doubled in the past decade significantly outstripping increases in the number of male prisoners and with particular consequences for minority ethnic black and aboriginal women who constitute disproportionate levels of prison populations in many countries including Canada the United States the UK and Australia **What Works with Women Offenders** provides a comprehensive analysis of the issues relating to work with women offenders Chapters are written by academics and professionals with a high degree of expertise in their specific field and its practical focus is designed to make it relevant to those working with women offenders Imprisoning women offenders does not solve the problems that underlie the involvement of women in the criminal justice system and a particular concern of this book is to identify and develop alternative responses that offer appropriate support and intervention to address women's underlying problems and reduce re-offending The increase in women's imprisonment is very much an international phenomenon and the book also aims to share knowledge and experiences from different jurisdictions to be shared more widely and for the lessons learnt from good practice to be more widely disseminated

*Issues in Addiction and Eating Disorders: 2011 Edition*, 2012-01-09 **Issues in Addiction and Eating Disorders 2011 Edition** is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Addiction and Eating Disorders The editors have built **Issues in Addiction and Eating Disorders 2011 Edition** on the vast information databases of ScholarlyNews You can expect the information about Addiction and Eating Disorders in this eBook to be deeper

than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Addiction and Eating Disorders 2011 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

**Promoting Black Women's Mental Health** Donna Baptiste,Adia Gooden,2023-07-06 Promoting Black Women s Mental Health celebrates the strengths and complexities of Black women in American life Many misunderstand and mis characterize Black women and underappreciate their important contributions to families communities and the nation In this book a team of Black women mental health practitioners and scholars discuss a range of conditions that impact Black women s self concepts and mental health Drawing on a study of Black women across the United States authors explore the social determinants of Black women s mental health and wellness and Black women s girlhood experiences The book also explores Black women s stereotypes their traumas how they shift in relationships and images that affect their racial and gender identity development The book draws on scholarly and popular sources to present Black women s strength and challenges Authors include commentary case examples reflection questions and resources to improve practitioners capacities to help Black women clients to recover heal and thrive

*Psychotherapy in Corrections* Peter N. Novalis, M.D., Ph.D.,Virginia Singer, DNP,Carol M. Novalis, M.A.,2022-09-13 To practice psychotherapy in a correctional setting is to encounter a range of cultural issues reflecting the various ethnic class gender and physical subgroups of the prison population as well as to navigate the culture of the prison staff and justice system that underpins the patients circumstances Drawing on the authors extensive professional experience Psychotherapy in Corrections offers mental health professionals a comprehensive look at the most common situations they are likely to face and provides practical advice on dealing with them Diagnostically oriented chapters cover core issues that include self harm and substance use disorders as well as mood and personality disorders Specific supportive therapy techniques for addressing these issues as well as special situations including the experience of women in prison behaviors that can disrupt care and efforts to reduce recidivism are illustrated by clinical vignettes In tackling the social and developmental conditions that lead individuals to interact with the correctional system Psychotherapy in Corrections also acknowledges the effects of the COVID 19 pandemic and the movement for social justice in society Anyone who conducts psychotherapy in a prison setting will benefit from an approach centered on treating the human in front of them regardless of the setting or their crime

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