

FACILITATOR GUIDE



SECOND EDITION

BEYOND TRAUMA

A Healing Journey
for Women



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Beyond Trauma Workbooks And Facilitators Guide A Healing Journey For Women

JR Anderson



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Provides guidance on integrating evidence based interventions mindfulness techniques and experiential activities Covers the effects of environmental trauma gender development awareness socialization identity sexuality relational violence and aggression Examines trauma s impact on families mental health and comorbid and addictive behavior Discusses the key elements of strength based approaches and mentoring A Young Man s Guide to Self Mastery is an invaluable resource for practitioners working with male adolescents in mental health clinics juvenile justice facilities and residential and outpatient facilities

Beyond Violence Stephanie S. Covington, 2015-06-03 Beyond Violence A Prevention Program for Women is a forty hour evidence based gender responsive trauma informed treatment program specifically developed for women who have committed a violent crime and are incarcerated This 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 This Participant Workbook helps participants understand the relationships between thoughts feelings and behaviors learn new skills including communication conflict resolution decision making and calming soothing techniques and become part of a group of women working to create a less violent world

Beyond Anger and Violence Stephanie S. Covington, 2014-05-27 The participant s essential guide to reflection and personal growth Beyond Anger and Violence A Program for Women Participant Workbook is the participant s personal place for reflection reactions and learning during and after management sessions The activities inside reinforce program lessons about anger and violence including how families relationships communities and society affect one s life In learning about the relationships between thoughts feelings and behaviors participants can begin to grasp a better self understanding that will help them manage anger in a healthier more productive manner They ll develop new skills for communication conflict resolution and decision making and will be introduced to a variety of calming techniques Beyond Anger and Violence is a 40 hour evidence based program designed for women who have difficulty managing anger Based on a social ecological model the program addresses the factors that put people at risk for experiencing overwhelming feelings of anger and perpetrating assaults or destruction of property This curriculum acknowledges anger as a normal appropriate and human emotion but also recognizes the destruction it can lead to if allowed to get out of control This workbook will help guide participants through the program reinforcing the discussions held in session Topics include The effects of trauma Relationships and communication control and conflict The importance of safety and the power of community Self transformation and creating change The workbook also includes a Daily Anger Log a Self Reflection Tool and list of yoga poses that can have a calming effect on both body and mind Participants may already recognize the effects of anger on their lives and that it may even be affecting their health Through the Beyond Anger and Violence program and the exercises in this workbook they can join a group of women working to create a less violent world

Helping Men Recover Stephanie S. Covington, Dan Griffin, Rick Dauer, 2022-08-30 An essential workbook for practitioners treating men with substance use disorders and addiction issues In the second edition of

Helping Men Recover A Program for Treating Addiction Workbook a team of distinguished practitioners delivers effective resources and tools to accompany their step by step guide to treating substance use disorders in men The provided templates questions exercises and other resources address four areas including the self relationships sexuality and spirituality and allow men to process and record the therapeutic experience as they move through it This new Workbook presents new exercises to use in group sessions informational summaries and insightful individual reflection questions and activities that clients can use following group sessions [A Man's Workbook](#) Stephanie S. Covington, Dan Griffin, Rick Dauer, 2011-01-18 A Man's Workbook offers a companion product that is tied seamlessly to the Helping Men Recover Facilitator's Guide This participant workbook has four modules self relationships sexuality and spirituality and allows men to process and record the therapeutic experience It contains exercises for use in group sessions summaries of information presented from the facilitator's guide and reflection questions and activities for use after group sessions There is also a criminal justice version of the workbook which is designed specifically for men in criminal justice settings **A Woman's Journal** Stephanie S. Covington, 2010-12-29 In this new edition Stephanie Covington includes important new evidence based data and new proven techniques for her unique and exclusive program as well as new ways to treat trauma and substance abuse new principles for gender responsive strategies with women offenders and a new module on sexuality and women's recovery Also women who have been using the book have written in many small changes and corrections in the directions and exercises The latest and most up to date theory and practice for this very focused but substantial field of treatment A Woman's Journal is tied seamlessly to the facilitator's guide It contains exercises for use in group sessions summaries of information presented from the facilitator's guide and reflection questions and activities for use after group sessions [Awaken Your Sexuality Workbook](#) Stephanie Covington, Vanessa Carlisle, 2025-10-07 This compassionate comprehensive workbook is a guide that offers hope for those seeking to reconnect or connect for the first time with their sexual selves Addiction trauma and shame can deeply impact your ability to experience intimacy and sexual joy But healing is possible and you are not alone This workbook will guide you through the complex intersections of trauma addiction and sexual recovery with sensitivity and care Used alone or as a companion to Awaken Your Sexuality A Guide to Intimacy and Connection after Addiction and Trauma it offers practical tools and exercises to help you unlock the path to pleasure intimacy and connection Inside you'll discover activities to help you Process Your Sexual History Reflect on past experiences and begin healing from old wounds Explore Pleasure Without Judgment Learn how to embrace your body and desires with curiosity and self compassion Build Healthier Relationships Develop skills for creating deeper more fulfilling intimate connections Research shows that 1 in 6 women experience sexual violence with many turning to substances or compulsive behaviors as a way to cope Here you can read real life stories of recovery from those who have walked the path of sexual healing and reclaim your sexual agency joy and power Sexuality is an integral part of what it means to be whole and well You deserve pleasure You deserve healing You deserve

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