

A
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WAY
through
THE
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STEPS



Stephanie S. Covington, Ph.D.

A Womans Way Through The Twelve Steps

Stephanie S. Covington



A Woman's Way Through The Twelve Steps:

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A Woman's Way Through the Twelve Steps Stephanie S. Covington, 2024-01-23 Geared specifically to women and gender expansive people this guide to the Twelve Steps considers the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women

Woman's Way through the Twelve Steps Bundle Stephanie Covington, 2024-11-12 This is a bundle of *A Woman's Way through the Twelve Steps* and *A Woman's Way through the Twelve Steps Workbook*

A Woman's Way through the Twelve Steps Workbook Stephanie Covington, 2024-03-05 Women's recovery can differ from men's and each person's recovery is in many ways unique That's why Stephanie Covington has designed the *A Woman's Way Through the Twelve Steps Workbook* to help women and gender expansive people each find their own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships self sexuality and everyday life Deepening and extending the lessons of a book that has helped countless women and gender expansive people this workbook makes *A Woman's Way Through the Twelve Steps* that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this workbook begins with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on women's definitions of terms such as powerlessness and letting go guided imagery exercises and physical grounding activities Designed to be used in conjunction with *A Woman's Way Through the Twelve Steps* this workbook helps deepen and extend the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a person It is also designed to be used in conjunction with *A Woman's Way through the Twelve Steps Facilitator Guide* in

facilitated groups in residential or outpatient treatment programs for substance use disorder or other addictive disorders

A Woman's Way Through the Twelve Steps Facilitators Guide Stephanie S. Covington, 2009-03-18 First published by Hazelden in 1994 the book *A Woman's Way through the Twelve Steps* has helped women overcome the traditional male orientation of Alcoholics Anonymous while embracing the spiritual truths of the Twelve Steps Today Stephanie Covington's acclaimed book has evolved into a curriculum of comprehensiveness and clarity The new facilitator's guide offers you practical guidance on how and when to use the DVD client book and workbook

A Woman's Way Through the Twelve Steps Set Stephanie S. Covington, 2000-09-22 This illuminating view of how women understand and process the Twelve Steps of Alcoholics Anonymous explores such essential topics as spirituality powerlessness and the emergence of a woman's sense of feminine soul *A Woman's Way Through the Twelve Steps* remains true to the underlying spiritual truths of the Twelve Step program of Alcoholics Anonymous while triumphantly overcoming the traditional male orientation of Alcoholics Anonymous For every woman who has felt there are issues crucial to her recovery that just can't be brought up in a mixed gender meeting this book sheds encouraging feminine light on the wisdom of AA This workbook designed to be used in conjunction with the book makes *A Woman's Way Through the Twelve Steps* that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this guide works with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on a feminine definition of terms such as powerlessness and letting go guided imagery exercises and physical activities

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A Woman's Way Through the Twelve Steps Workbook Stephanie S. Covington, 2024-03-05 Each woman's path to recovery is unique and no one understands that quite like Stephanie Covington While many in recovery walk a path with the Twelve Steps of Alcoholics Anonymous AA as their

map and guide women often struggle to fit their steps to the Twelve Steps language and concepts like powerlessness and surrender mean something different for them than they do for men In the first edition of *A Woman's Way through the Twelve Steps* published in 1994 Covington provided women with a new map one that interpreted the Steps their concepts and their language in a way that aligns with women's unique recovery needs Now she expands that work further to include the voices of gender expansive individuals Designed to be used in conjunction with *A Woman's Way through the Twelve Steps* and *A Woman's Way through the Twelve Steps Facilitator Guide* this workbook begins with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative guided imagery exercises physical activities and self assessment questions focused on addressing recovery issues and fostering a sense of safety respect and dignity This workbook helps readers deepen and extend their understanding of the Twelve Steps and empowers each woman to take ownership of her recovery process as well as her growth as a person It can be used individually or in facilitated groups in residential or outpatient treatment programs Back cover

Helping Men Recover Stephanie S. Covington, Dan Griffin, Rick Dauer, 2022-07-22 AN INSIGHTFUL EFFECTIVE AND PARTICIPANT FRIENDLY APPROACH TO ADDICTION RECOVERY Now in its second edition *Helping Men Recover A Program for Treating Addiction* is a comprehensive resource for drug and alcohol counselors program administrators and mental health professionals working in outpatient residential and community based treatment centers Presented in a twenty one session format the facilitator's guide provides a step by step manual containing the theory structure and content required to run effective and therapeutic groups *Helping Men Recover Second Edition* offers New research language and content that addresses the opioid addiction crisis LGBTQ inclusivity male body image and other issues Four modules that address the self relationships sexuality and spirituality all of which are areas that recovering men have identified as triggers for relapse and as necessary for growth and healing User friendly and self instructive materials designed to put participant and facilitator focus on the therapeutic process Three additional sessions with new exercises An essential update to a best selling work in the field of addiction treatment *Helping Men Recover* cements this text's position as the go to manual for men's addiction and delivers a gender responsive and trauma informed treatment program ideal for practitioners everywhere

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

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