



## 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)

By Stephanie S. Covington

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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.

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## **Editorial Review**

### Review

"Practitioners, researchers, and institutional- and community-based staff will benefit from reading and applying the theoretical and practical perspectives of *Helping Women Recover*. Frankly, it is refreshing to read information of this caliber that is based on experiences of working with women offenders." (Mary V. Leftridge Byrd, superintendent, Department of Corrections, Commonwealth of Pennsylvania)

"For the first time, Stephanie Covington's *Helping Women Recover* addresses the real issues underlying female criminality. The curriculum is based on sound theories about women's psychosocial development and experiences and is designed for a variety of criminal justice settings. The curriculum is restorative in nature, providing meaningful ways for each woman to find her own 'right path'." (Anne McDiarmid, criminal justice consultant, St. Paul, Minnesota)

"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 and 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 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)

"An important contribution to the tools available to corrections personnel in working with women with addictions. With its superb Facilitator's Guide it provides a unique, comprehensive, and realistic approach to recovery. It fills a huge gap in the criminal justice system by offering a framework for gender-specific programming. As part of a drug and alcohol treatment program in prisons, jails, and community corrections, it will significantly aid staff in presenting material in an appropriate and sensitive manner." (Martin F. Horn, secretary of corrections, Department of Corrections, Commonwealth of Pennsylvania)

### From the Inside Flap

**A Step-by-Step Guide to a Powerful Process for Working with Substance Abusing Women in Correctional Settings** While there is a wealth of material available for the treatment of substance abuse, most of the information is based on research focused on men—not women. *Helping Women Recover* is specifically designed to meet the unique needs of substance abusing women. Created for use with women's groups in a variety of correctional settings, *Helping Women Recover* offers mental health professionals, corrections personnel, and program administrators the tools they need to implement this highly effective program. "An important contribution to the tools available to corrections personnel in working with women with addictions. With its superb Facilitator's Guide it provides a unique, comprehensive, and realistic approach to recovery. It fills a huge gap in the criminal justice system by offering a framework for gender-specific programming. As part of a drug and alcohol treatment program in prisons, jails, and community corrections, it will significantly aid staff in presenting material in an appropriate and sensitive manner."—Martin F. Horn,

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From the Back Cover

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## **Users Review**

### **From reader reviews:**

#### **Linda Amos:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite reserve and reading a book. Beside you can solve your trouble; you can add your knowledge by the guide entitled 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). Try to face the book 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) as your good friend. It means that it can to get your friend when you truly feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you far more confidence because you can know every thing by the book. So , we need to make new experience along with knowledge with this book.

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#### **Charles Felton:**

This book untitled 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) to be one of several books that will best seller in this year, honestly, that is because when you read this book you can get a lot of benefit in it. You will easily to buy this kind of book in the book store or you can order it through online. The publisher in this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smart phone. So there is no reason for you to past this book from your list.

#### **Elizabeth Smith:**

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