

Woman's Way Through The Twelve Steps Online eBook

Book info:

Author: *Stephanie S. Covington*

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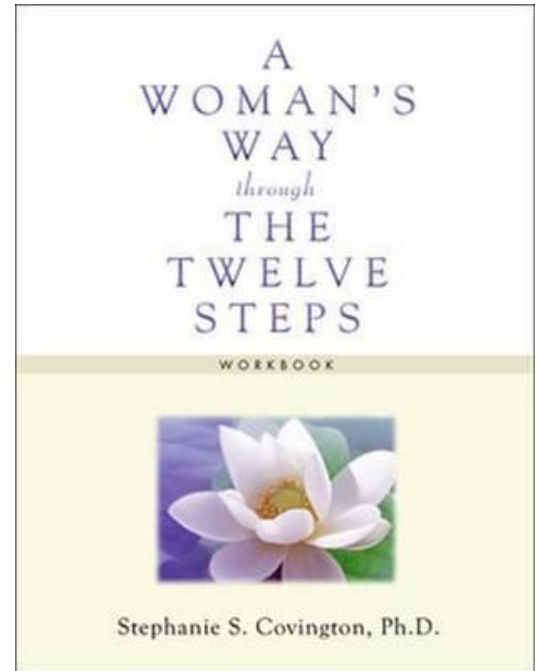
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Plot:

Stephanie S. Covington, PhD, is nationally recognized as a clinician, author, organizational consultant, and lecturer. With many years of experience, she has developed an innovative, gender-responsive approach to address the treatment needs of women and girls that has been proven effective in public, private, and institutional settings. Dr. Covington is based in La Jolla, California, where she is co-director of the Institute for Relational Development and the Center for Gender and Justice. Designed to be used in conjunction with *A Woman's Way through the Twelve Steps*, this workbook helps deepen and extend the understanding of the lessons taught in the book and brings them to life with simple exercises and journaling activities. It further empowers each woman to take ownership of her recovery by documenting her growth and recovery process in a personally meaningful way. Unlike many interpretations of the Twelve Steps for women, this workbook uses the original Steps language, preserving its spirit and focusing attention on its healing message. Covington guides women to reinterpret the Steps to support their own recovery. "When we look inside ourselves and reframe the original wording in the way that works best for us, then each of us, individually, can discover the meaning for ourselves," she writes. 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 other experiential activities. In addition to the book and workbook, two new components--a facilitator's guide for clinicians and a DVD--have been produced to form a complete A Woman's Way through the Twelve Steps program. The four components can stand alone, but together they form a comprehensive, integrated treatment program for women

Additional Info:

About Stephanie S. Covington

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