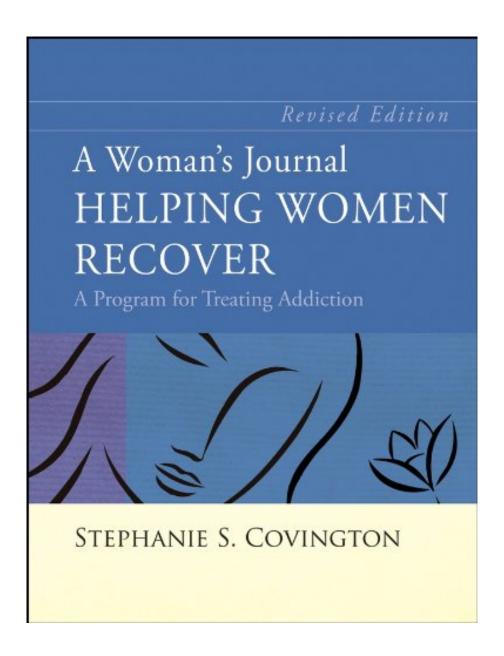


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Stephanie Covington, Ph.d., LCSW. is a nationally acclaimed trainer, clinician, author, and organizational consultant, noted for her pioneering work on women's issues. She developed her own progressive and innovative program for women in recovery from addition while working with the Betty Ford Treatment Center, and she has also trained mental health and addiction treatment professionals in Canada, Mexico, Europe, Africa, New Zealand and across America. She is a board certified Diplomat of the National Association of Social Workers and is Director of The Institution for Relationship Development Center for Gender and Justice in La Jolla, California.

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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.

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