

A Woman's Way through The Twelve Steps

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TWELVE STEPS

- History
- 1935 founded by Bill W. & Dr. Bob
- Early days – women were invisible
- Today – 125 self-help groups
- Women represent 1/3 of membership

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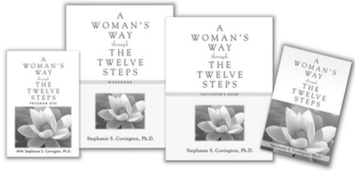
TWELVE STEPS RADICAL OR CONSERVATIVE?

- Free
- Non-hierarchical
- Spiritual

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*A Woman's Way
through
The Twelve Steps*



Book, Workbook, Facilitator's Guide & DVD

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GENDER-RESPONSIVE SERVICES

CORE VALUES
OF TRAUMA-INFORMED CARE

- Safety (physical and emotional)
- Trustworthiness
- Choice
- Collaboration
- Empowerment

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*A Woman's Way
through
The Twelve Steps*

Facilitator's Guide

Each session has suggested
adaptation for girls.

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A Woman's Way through The Twelve Steps

- Provides supportive female-centered environment
- Helps to interpret language
- Provides coping skills – grounding and self-soothing
- Acknowledges trauma

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Research on A Woman's Way

- AA/TSF compared to CBT, performed as well if not better for continuous abstinence.
- Manualized AA/TSF interventions are more effective than CBT.

Kelly, Humphreys, & Ferri (March 2020)

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Research on A Woman's Way *(cont.)*

AA was nearly always found to be more effective than psychotherapy in achieving abstinence.

"It works because it is based on social interaction...providing emotional support."

(Humphreys, Barreto, Alessi, Carroll, et al. (2020)

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Beginning

OPENING SESSION

Introduction to
A Woman's Way
through
The Twelve Steps

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COLLAGE: BALANCE SCALE



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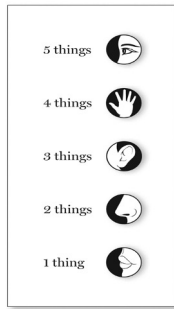
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Self-Soothing Exercise: The Five Senses

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FIVE SENSES



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Step One

SESSION 1

*We admitted we are powerless
over alcohol – that our lives had
become unmanageable.*

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Themes in Step One

- Awareness
- Unmanageability

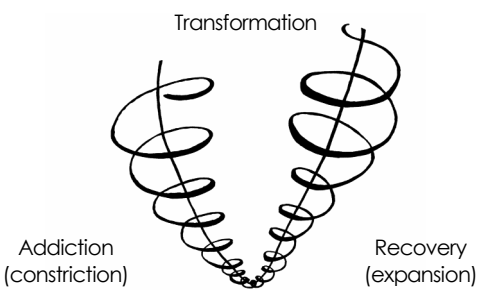
3 EXERCISES

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THE SPIRAL OF ADDICTION AND RECOVERY

Transformation




Addiction (constriction)

Recovery (expansion)

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ACTIVITY:
THE DOWNWARD SPIRAL

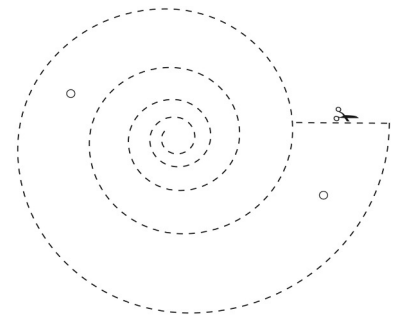


Addiction (constriction)

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DOWNWARD SPIRAL



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BREAKING DOWN THE BARS: ROCKVILLE
OPRAH WINFREY NETWORK SERIES

Downward Spiral
(video)

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Step Two
SESSION 2

*Came to believe that a Power
greater than ourselves could
restore us to sanity.*

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Themes in Step Two

- Faith
- Sanity

3 EXERCISES

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Activity:
The Power of Support

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Step Three

SESSION 3

*Made a decision to turn our will
and our lives over to the care of
God as we understood Him.*

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Themes in Step Three

- Control
- Surrender
- Decision Making

5 EXERCISES

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Activity:
Letting Go

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Activity:
ORID

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ORID
(DECISION MAKING)

- Objective
- Reflective
- Interpretive
- Decisive

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Step Four

SESSION 4

*Made a searching and fearless
moral inventory of ourselves.*

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Themes in Step Four

- Fearlessness
- Inventory

2 EXERCISES

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STEP FOUR INVENTORY

- Assets/Strength
- Challenges/Limitations

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ACTIVITY:
THE UPWARD SPIRAL

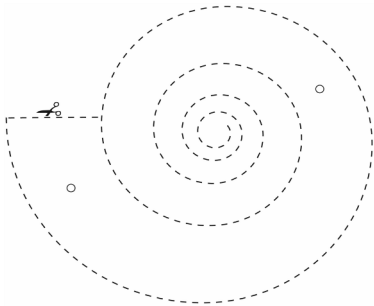


Recovery
(expansion)

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UPWARD SPIRAL



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Step Five

SESSION 5

*Admitted to God, to ourselves,
and to another human being the
exact nature of our wrongs.*

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Themes in Step Five

- Admitting
- Naming

4 EXERCISES

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Activity: Secrets

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Activity: Admitting to Ourselves

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Step Six

SESSION 6

*Were entirely ready to have God
remove all these defects of
character.*

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Themes in Step Six

- Readiness
- Personal Knowledge

4 EXERCISES

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Activity:
Readiness

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Activity:
Planting Seeds

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Step Seven

SESSION 7

*Humbly asked Him to remove our
shortcomings.*

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Themes in Step Seven

- Relinquishment
- Humility

4 EXERCISES

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Activity:
Creating a Surrender Box

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Self- Soothing Exercise:
Palms Down, Palms Up

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Step Eight

SESSION 8

*Made a list of all persons we had
harmed, and became willing to
make amends to them all.*

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Themes in Step Eight

- Discernment
- Willingness

4 EXERCISES

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Activity: Checking the Seed Cups

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Self- Soothing Exercise: Making a Joy List

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Step Nine

SESSION 9

*Made direct amends to such
people wherever possible, except
when to do so would injure them
or others.*

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Themes in Step Nine

- Amends
- Action

4 EXERCISES

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Activity:
Making Amends to Ourselves

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Activity:
Practicing Making Amends to
Others

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Step Ten
SESSION 10

*Continued to take personal
inventory and when we were
wrong promptly admitted it.*

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Themes in Step Ten

- Staying Present
- Discipline

4 EXERCISES

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Activity: Transformational Visualization

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Activity: Loving Yourself

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Step Eleven

SESSION 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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Themes in Step Eleven

- Prayer
- Meditation
- Conscious Contact

4 EXERCISES

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Activity:
Walking Meditation

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Self- Soothing Exercise: Sanctuary Meditation

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Activity: Support Groups

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SUPPORT GROUPS

- Three people to call when feeling down
- Two people to call in a crisis
- Three people to call when you feel like using
- Two people who energize you

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Step Twelve

SESSION 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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Themes in Step Twelve

- Spiritual Awakening
- Practicing the Principles
- Carrying the Message

4 EXERCISES

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Activity:
Slogans

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SLOGANS

- Talk to the talk
- Walk the walk
- First things first
- Turn it over
- Let go and let God

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SLOGANS (CONT.)

- One day at a time
- Keep coming back
- Keep it simple
- Live and let live
- Act as if or fake it until you make it

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Closing:
What is Blossoming in You?

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