

Helping Women Recover

3rd Edition

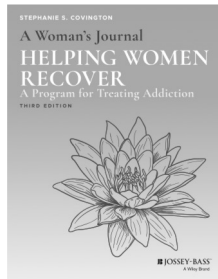
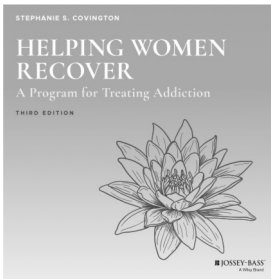
PRESENTED BY:
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AND
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COVINGTON CURRICULUM CONFERENCE
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MINNEAPOLIS, MN

Stephanie S. Covington, PhD, LCSW
Institute for Relational Development
Center for Gender & Justice

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Helping Women Recover: A Program for Treating Addiction

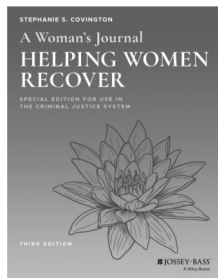
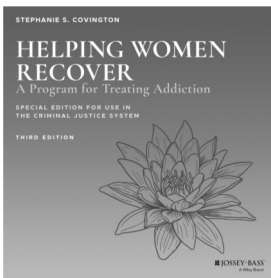


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Self-Care

- Trauma-Informed Training

- Balance Vulnerability with Safety

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Safety Plan

Six things you can do

- Breathing
- Safe place in your imagination
- Placing a call
- Counting backwards
- Massaging one's hands
- Prayer, meditation

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Helping Women Recover

20 sessions

6 – 10 participants

90 – 120 minutes each

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Helping Women Recover
What's New

- Expanded from 17 to 20 sessions
- Trauma-sensitive yoga exercises
- Updated gender information
- Incorporates more mindfulness
- New brain research as it relates to addiction and trauma
- Updated statistics
- Adverse Childhood Experiences (ACEs)
- Process of trauma and its effects on the mind and body

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Introduction to Addiction Treatment for Women

- Women in the Criminal Justice System: Who They Are
- Historical Background: Why a Woman's Treatment Program?
- What We Have Learned
- Fundamentals of Gender-Responsive Services
- Integration
- The Value of Twelve Step Programs and Other Mutual-Help Groups
- Research on *Helping Women Recover*

Facilitating the Program

- Organization and Content of the Program
- Using the Facilitator's Guide
- Principles of an Effective Treatment Program

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Helping Women Recover

Four Modules

- Self
- Relationships
- Sexuality
- Spirituality

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Helping Women Recovery
Module A: Self

- Session 1** *Opening Session*
- Session 2** *Defining Self*
- Session 3** *Sense of Self*
- Session 4** *Self-Esteem*
- Session 5** *Sexism, Stereotyping, and Power*

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Helping Women Recovery
Module B: Relationships

- Session 6** *Family of Origin*
- Session 7** *Mothers*
- Session 8** *Mother Myths*
- Session 9** *Fathers*
- Session 10** *Understanding Abuse and Trauma*
- Session 11** *Interpersonal Violence*
- Session 12** *Creating Supportive and Loving Relationships*

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Helping Women Recovery
Module C: Sexuality

- Session 13** *Sexuality and Addiction*
- Session 14** *Body Image*
- Session 15** *Gender Identity and Sexual Orientation*
- Session 16** *Challenges to Healthy Sexuality*
- Session 17** *Healthy Sexuality*

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Helping Women Recovery
Module D: Spirituality

Session 18 *What is Spirituality?*

Session 19 *Mindfulness, Prayer, and
Meditation*

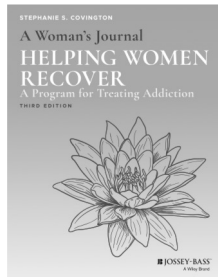
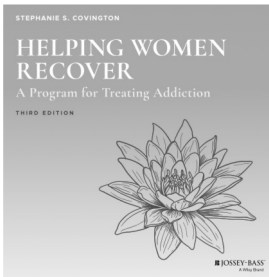
Session 20 *Creating a Vision*

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Helping Women Recover:
A Program for Treating Addiction

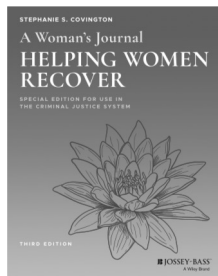
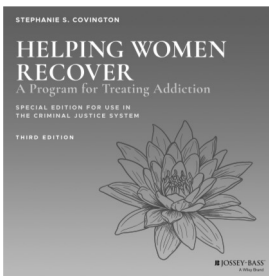


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A Program for Treating Addiction
Criminal Justice Edition



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Opening Session
Introduction to the Program

Goals

- To introduce the program *Helping Women Recover*
- To create a list of group agreements
- To present information about women and addiction
- To acquaint the participants with grounding and self-soothing activities

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Group Agreements

- Timing
- Attendance
- Confidentiality
- Sobriety
- Safety
- Eating or Drinking
- Sharing
- Respect
- Participation
- Socialization

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Spiral of Addiction and Recovery

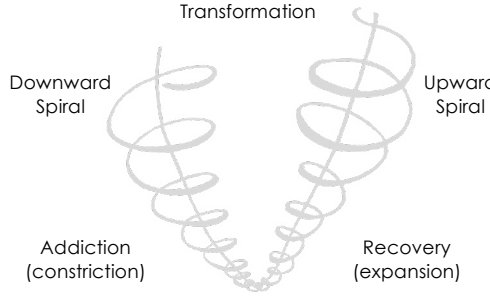
Transformation

Downward Spiral

Upward Spiral

Addiction (constriction)

Recovery (expansion)



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Activities

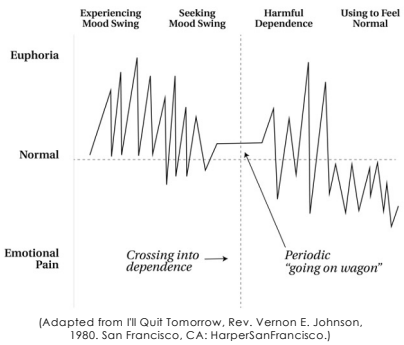
- Breathing and Exhaling
- Focusing on the Here and Now

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Feeling Chart



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Seated Centering and Breathing Opening Session YOGA Activity



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Group Introductions

p. 112-113, FG

p. 1, J

Introducing yourself


Here are some things to include in your introduction:

1. My name
2. When and where I was born
3. How I identify myself (including culture, ethnicity, race, and my preferred pronoun)
4. The people in my family (can include a husband or live-in partner, children, mother, father, brothers, sisters, or whomever you consider your immediate family)
5. One thing I like about myself or a special give that I have

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Self Module

Helping Women Recover

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Module A: Self

- Session 2 *Defining Self*
- Session 3 *Sense of Self*
- Session 4 *Self-Esteem*
- Session 5 *Sexism, Stereotyping, and Power*

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Session 2
Defining Self

Goals

- To begin to get to know one another and develop trust
- To raise awareness about the question "Who am I?" and to understand that answering this question is essential for growth and recovery and is a lifelong task
- To learn that we are more than our roles
- To learn more grounding and self-soothing activities

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Creating a Safety Plan

Three-to-five things you can do if you feel overwhelmed.

Examples:

- Deep breathing
- Going to a safe place in your imagination
- Counting to ten backwards
- Praying or meditating

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Who Am I?

- Feelings
- Beliefs
- Qualities

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WHO ARE YOU?
Affirmation Envelopes

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When Overwhelmed

- Slow down. Stop.
- What am I feeling?
- Does the intensity of the feeling match the situation?
- How old am I as I have this feeling?

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Five Steps to Emotional Wellness

- Become aware of when you're having a feeling and how you're feeling. Tune in to yourself.
- Name the feeling. Label it.
- Try to locate the feeling in your body. Where are you experiencing the sensations?
- Express the feeling in an appropriate way.
- Learn to contain the feeling.

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Recovery Scale
Self Module

	Not at all	Just a little	Pretty much	Very much
I keep up my physical appearance (nails, hair, bathing, clean clothes)				
I exercise regularly				
I eat healthy meals				
I get restful sleep				
I go to work/school (or complete tasks)				
I can adapt to change				
I keep up my living space				

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Recovery Scale
Self Module (cont.)

	Not at all	Just a little	Pretty much	Very much
I take constructive criticism well				
I can accept praise				
I laugh at funny things				
I acknowledge my needs and feelings				
I engage in new interests				
I can relax without drugs and alcohol				
I value myself				

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Breath of Joy to Rag Doll to Lip Flutter
Module A YOGA Activity



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Breath of Joy to Rag Doll to Lip Flutter
Module A YOGA Activity



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Breath of Joy to Rag Doll to Lip Flutter
Module A YOGA Activity



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Session 3
Sense of Self

Goals

- To understand how thinking and talking about our pasts can help us know who we are in the present
- To gain a better sense of who we are by outlining and telling the stories of our lives
- To gain more understanding of and respect for one another by hearing the ways in which our stories are alike and the ways in which they are different

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Charting a Retrospective Journey

- People
- Events
- Experiences

p. 191, FG
p. 26, J

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Session 4 Self-Esteem

Goals

- To understand how messages from ourselves and others affect the ways in which we see ourselves
- To identify the messages we have received about ourselves in the past and the ones we receive in the present
- To learn how to deal with destructive messages about ourselves and how to replace them with constructive messages

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River of Self Esteem



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Affirmations

- I am a worthwhile human being.
- I am a valuable woman.
- I like who I am.
- I have strengths that I can use in my recovery.

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Session 5
Sexism, Stereotyping, and Power

Goals

- To understand how social messages affect how a woman feels about herself
- To understand the connections between sexism, racism, and other forms of stereotyping and labeling in our society
- To understand the two sides of power and privilege
- To begin to believe that although we are powerless over our addictions, we do have power in important areas of our lives

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ACTIVITY:
Role Reversal

p. 227-231, FG

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Power Chart

Powerful Group	Less Powerful Group
Adults	Youth, Seniors/Elders
Men	Women
White people	People of color, Multiracial people, Native Americans/Indigenous peoples, Asian Americans
Rich or Upper-middle income	Poor, working, or middle class
Heterosexuals	Lesbian, gay, bisexual, or pansexual
Traditionally defined male or female (cisgender)	Identify as transgender, gender fluid, non-binary, or intersex
Native English-speakers	First language other than English

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Power Chart (cont.)

Powerful Group	Less Powerful Group
US citizens	Refugees/Immigrants
Christians	Atheists, Muslims, Jews, other religions
Bosses	Workers
Teachers	Students
Formally educated	Not formally educated
(en)Able	Living with physical, emotional, mental, or learning disabilities, whether visible or hidden
From United States, Canada, Western Europe and the rest of the "Global North"	From Nations in the "Global South" or "Third World"

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ACTIVITY: Privilege

p. 234-235, FG
p. 36, J

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ACTIVITY:
The Container

p. 242-243, FG
p. 39, J

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Relationship
Module
Helping Women Recover

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Module B: Relationships

- Session 6 *Family of Origin*
- Session 7 *Mothers*
- Session 8 *Mother Myths*
- Session 9 *Fathers*
- Session 10 *Understanding Abuse and Trauma*
- Session 11 *Interpersonal Violence*
- Session 12 *Creating Supportive and Loving Relationships*

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Session 6
Family of Origin

Goals

- To understand how our relationships in our families of origin affect the ways in which we approach relationships in the present
- To learn some common patterns in family relationships and to recognize those patterns in our unique families

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ACTIVITY:
Family Sculpture

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Family Roles

- Hero
- Scapegoat
- Lost Child
- Mascot

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ACTIVITY:
Role Groups
Reparenting

p. 287-288, FG
p. 50-51, J

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Feminine Warrior Stance
Module B YOGA Activity



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Feminine Warrior Stance
Module B YOGA Activity



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Session 7
Mothers

Goals

- To better understand our relationships with our mothers
- To begin to see our mothers as women, beyond their roles as mothers
- To bond together in our shared experiences as daughters

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DISCUSSION:
Relationships with Our Mothers


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BETWEEN SESSION ACTIVITY:
Letter to Mother

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Session 8
Mother Myths

Goals

- To dispel myths about what it means to be a mother and a woman
- To increase our understanding of our relationships with our mothers

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ACTIVITY:
Mother Letters

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DISCUSSION:
Role Expectations of Mothers
and Mother Myths

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**ACTIVITY:
Mother Letter #2**

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Relationship History Chart

	1) Mother	2) Father	3)	4)	5)
Characteristics of person					
Characteristics of relationship					
My role, my feelings					
Rewards of relationship					
Price of relationship					
Involvement with substances or other addictive behaviors					
Response to addictive behaviors					

From "Relationship History Chart," by Sue Evans, MP, LP.

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**Session 9
Fathers**

Goals

- To better understand our relationships with our fathers
- To understand expectations of what it means to be a father and a man
- To begin to see our fathers as men, beyond their roles as fathers
- To bond together in our shared experiences as daughters

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**DISCUSSION:
Relationships with Our Fathers**

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**DISCUSSION:
Role Expectations of Our Fathers**

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Activity Options

- Empty Chair
- Writing Letter to Father

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Session 10
Understanding Abuse and Trauma

Goals

- To define types of abuse in relationships
- To understand the process of trauma
- To understand the ACE study and how abuse and other adverse experiences in childhood can affect us as adults
- To explore the sexual abuse that can occur in families

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LECTURE:
Types of Abuse in Relationships

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Relationship Problems Might Include:

- Idealizing or overvaluing relationships
- Fear of commitment
- Self-imposed isolation
- Triangulating with others
- Humiliating interactions
- Involvement in abusive or criticizing relationships

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Relationship Problems Might Include:
(Cont.)

- Difficulty trusting self/others with intimacy
- Tolerating abusive or excessive neediness patterns
- Emotional and physical caretaking of others at expense of self

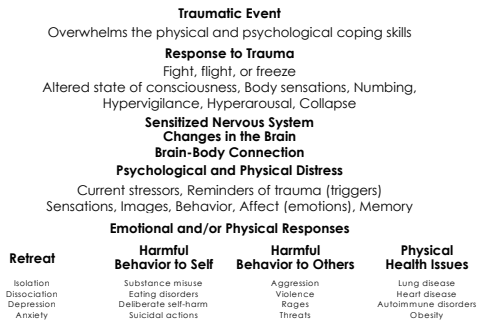
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Process of Trauma

p. 375, FG
p. 69, J



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ACE Study
(Adverse Childhood Experiences)

Before age 18:

1. Recurrent and severe emotional abuse
2. Recurrent and severe physical abuse
3. Contact sexual abuse
4. Emotional neglect
5. Physical neglect

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ACE Study (Cont.)
(Adverse Childhood Experiences)

Growing up in a household with:

6. Both biological parents not being present
7. Your mother being treated violently
8. An alcoholic or drug-user
9. A mentally ill, chronically depressed, or family member attempting suicide
10. A family member being imprisoned
(N = 17,000)

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Sexual Abuse in Families Continuum →

Psychological Abuse	Covert Abuse	Overt Abuse
Sexual jokes	"Inadvertant" inappropriate touching	Exhibitionism
Verbal harassment	Household voyeurism	Fondling
Violating boundaries	Ridicule of developing bodies	French kissing
Telling children inappropriate sexual information	Sexual hugs	Oral sex
	Pornographic reading or video watching with child	Penetration

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Session 11
Interpersonal Violence

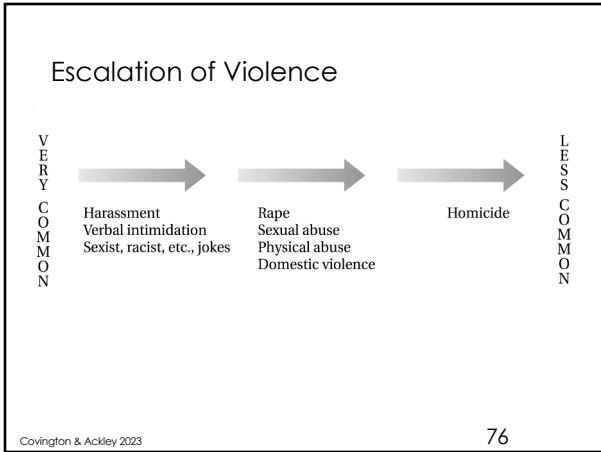
Goals

- To explore the issue of interpersonal violence and how common it is
- To understand gender differences in one's risk for violence
- To learn the elements of the Power and Control Wheel
- To understand the Violence Continuum and the process of escalation in relationships
- To create a self-soothing chart

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De-escalation

p. 413, FG
p. 82, J

1. I don't need to prove myself in this situation. I can stay calm.
2. I'm going to take time to relax and slow things down.
3. As long as I keep cool, I'm in control of myself.
4. Anger is a signal that someone has been hurt, scared, or has some other primary feeling.
5. I don't need to take responsibility for the anger of others.
6. People are going to act the way they want to, not the way I want.

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De-escalation (Cont.)

p. 413, FG
p. 82, J

7. I recognize that my own anger may come from having old feelings re-stimulated.
8. It's okay to feel unsure or confused.
9. It's okay to make mistakes.
10. No one is perfect; I can still accept and like myself.
11. It's impossible to control other people and situations. The only thing I can control is myself and how I react.
12. If it's a choice between being right or creating peace, then I choose peace.

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Power and Control Wheel



Source: Duluth Domestic Abuse Intervention Project, 202 East Superior Street, Duluth, MN 55802

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Gender and Abuse

Childhood

- Girls and boys at equal risk from family members and people they know

Adolescence

- Young men at risk from people who dislike or hate them. Boys at greater risk if they are gay, young men of color, gang members, or transitioning.
- Young women at risk from lovers or partners – people to whom they are saying, "I love you."

Adulthood

- Men at risk from combat or being victims of crime
- Women at risk from those they love
- Transgender – highest risk

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Differences in Risk Worldwide

- Worldwide, 1 in 4 women and 1 in 8 men experience psychological abuse from partner
- 38% of female homicides are committed by male partners, while 6% of male homicides are committed by female partners
- 1 in 5 women will be raped, while 1 in 71 men will be raped
- Transgender population is at greatest risk and has a higher rate of abuse

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Domestic Violence

Domestic Violence Questions

- Was there full consent?
- Was there an element of betrayal or loss of trust?
- Have you ever feared for your physical safety in your relationship?
- Have you felt afraid in other ways?
- Have you ever been forced to do things against your will?
- Have you ever been hit or threatened?

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Domestic Violence (cont.)

- Have you ever been kicked or choked?
- Have you ever sustained bodily injuries, such as bruises, cuts, or broken bones?
- Have your children been hit or threatened?
- Was there violence, pain, restriction, force, or bodily harm?
- Have you been verbally put down?
- Did it feel like abuse to you?
- Have you been harassed, stalked, or monitored?"

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Self-Soothing Chart

	Alone	With Others
Day		
Night		

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Between Session Activity

SEEDS	What/How I did this week
S (Social connectivity): being in connection and relationship with others	
E (Exercise): thirty minutes a day can make a big difference	
E (Education): learn something new each day	
D (Diet): the food we eat either nourishes or starves our brains	
S (Sleep): our brains and our bodies need to rest and regenerate each day	

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Session 12 Creating Supportive and Loving Relationships

Goals

- To understand the importance of supportive, growth-fostering relationships
- To assess the supportiveness of our current relationships
- To explore how to leave a relationship
- To begin to plan how to pursue a support system when this group is over
- To understand the three elements of love

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Nurturing Family Wheel

p. 440-443, FG

p. 92-94, J

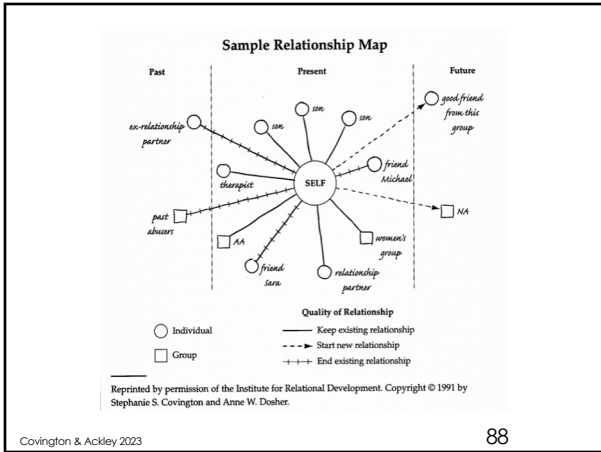


Source: Duluth Domestic Abuse Intervention Project, 202 East Superior Street, Duluth, MN 55802

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Guidelines for Ending a Relationship

1. Be direct and honest.
2. Speak with "I" statements rather than "you" statements.
3. Express feelings being experienced in the present.
4. Assume personal responsibility for change.
5. Decide the level of physical and emotional intimacy you want with the person in the future.

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Guidelines for Ending a Relationship
(cont.)

6. Act in a timely fashion.
7. Let the other person know what you appreciate about her or him.
8. Let the other person know what you appreciated about the relationship.
9. Tell her or him what you wish you'd been able to do differently.

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Healthy Adult Relationships

- Each person feels a greater sense of “zest” (vitality, energy)
- Each person feels more able to act and does act
- Each person has a more accurate picture of her/himself and the other person(s)
- Each person feels a greater sense of worth
- Each person feels more connected to the other person(s) and a greater motivation for connections with other people beyond those in the specific relationship

(Stone Center, Wellesley College Wellesley, MA 02181)

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Outcomes of Disconnections

(Non-mutual or Abusive Relationships)

- Diminished zest or vitality
- Disempowerment
- Confusion, lack of clarity
- Diminished self-worth
- Turning away from relationships

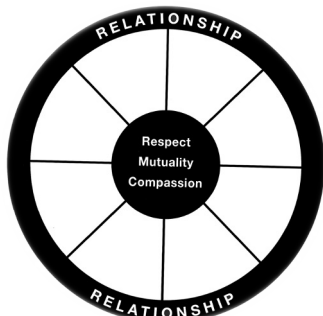
(Source: Stone Center, Miller)

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Relationship Wheel



Source: Institute for Relational Development, Covington & Disher, 1995

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Wheel of Love

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Essential Oil Embrace into Awesome Arms/Goddess Pose
Module C YOGA Activity

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Recovery Scale p. 462, FG
Relationships Module p. 104, J

	Not at all	Just a little	Pretty much	Very much
I share my needs and wants with others				
I socialize with others				
I stay connected to friends and loved ones				
I nurture my children and/or loved ones				
Am straightforward with others				
I can tell the difference between supportive and nonsupportive relationships				

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Recovery Scale
Relationships Module (cont.)

p. 462, FG
p. 104, J

	Not at all	Just a little	Pretty much	Very much
I have developed a support system				
I offer support to others				
I participate in conversations with my family members, friends, and/or co-workers				
I listen to and respect others				
I have clean and sober friends				
I can be trusted				

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Module C: Sexuality

- Session 13 *Sexuality and Addiction*
- Session 14 *Body Image*
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- Session 16 *Challenges to Healthy Sexuality*
- Session 17 *Healthy Sexuality*

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Session 13
Sexuality and Addiction

Goals

- To begin to feel comfortable discussing sexuality with one another
- To understand that the way a woman was raised affects the way she views her sexuality
- To understand that sexual problems are common among women with addictive disorders

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The Inner Journey of Sexual Recovery

- Recognizing the effects of female socialization on sexuality
- Accepting one's body
- Understanding and accepting one's genitals
- Accepting sexual pleasure from oneself
- Becoming aware of one's sexual feelings
- Facing one's fears of being sexual without alcohol or other drugs

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The Outer Journey of Sexual Recovery

- Exploring childhood and family sexual issues
- Honestly naming the sexual events of one's personal past
- Looking at one's sexual behaviors, including charting the Sexual-Chemical Lifeline
- Looking at one's selection of sexual partners and filling out the Relationship History Chart
- Learning to live in the present

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Sexuality

SEXUALITY is a developmental process
SEXUALITY is an identification, an activity, a drive, a biological process, an orientation, an outlook
It is who and how we are in the Universe
SEXUAL GOOD HEALTH is the somatic, emotional, social and spiritual aspects of oneself integrated into one's identity and style of life

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Discussion

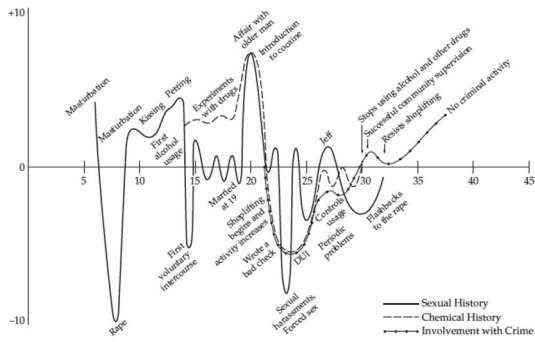
- Focus questions
- Roles and impact

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Sexual-Chemical Lifeline



Source: S. Covington, 2000

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Essential Oil Embrace into Awesome Arms/Goddess Pose
Module C YOGA Activity



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Essential Oil Embrace into Awesome Arms/Goddess Pose
Module C YOGA Activity



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Recovery Scale
Sexuality Module

	Not at all	Just a little	Pretty much	Very much
I know my body				
I can talk to my counselor about sexual concerns				
I can speak comfortably and appropriately about sex				
I can keep my body safe				
I accept my body				
I can be affectionate with others				
I am a sensual person				

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Recovery Scale
Sexuality Module (cont.)

	Not at all	Just a little	Pretty much	Very much
I can accept sexual pleasure from myself				
I can accept sexual pleasure from my partner				
I initiate making love				
I can express my sexual desires to my partner				
I enjoy making love				
I value myself				

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Session 14
Body Image

Goals

- To increase awareness of how socialization has affected our ideas and feelings about our bodies
- To consider some of the good things about our bodies
- To recognize that some women with substance use disorders also have eating disorders
- To become more aware of what the feelings in our bodies are trying to tell us

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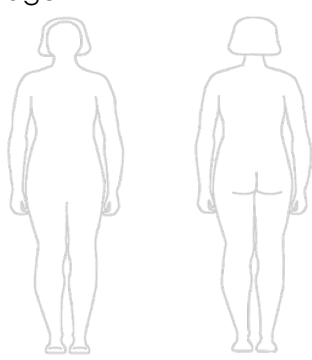
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Body Image



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Five Steps to Emotional Wellness

- Become aware of when you're having a feeling and how you're feeling. Tune in to yourself.
- Name the feeling. Label it.
- Try to locate the feeling in your body. Where are you experiencing the sensations?
- Express the feeling in an appropriate way.
- Learn to contain the feeling.

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**ACTIVITY:
Dialogue with Your Body**

p. 530-532, FG
p. 133-134, J

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**BETWEEN SESSION ACTIVITY:
Thank You to Your Body**

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Session 15
Gender Identity and Sexual Orientation

Goals

- To understand what gender identity and sexual orientation are
- To begin thinking about how we define ourselves
- To gain a broader understanding and acceptance of the ways in which many people define themselves in terms of gender identity and sexual orientation

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Definitions

- **Gender:** whether one is female or male or neither
- **Gender Identity:** the gender a person feels he or she is, regardless of the sex (female or male) he or she was assigned at birth
- **Gender Expression:** how people express their gender by the clothing they wear, their hair, makeup, jewelry, voice, body language, and so on.
- **Sexual Orientation:** whether a person is attracted to people of the same sex and/or the opposite sex or is asexual (not sexually attracted to anyone)

From The Teaching Transgender Toolkit: A Facilitator's Guide to Increasing Knowledge, Decreasing Prejudice & Building Skills by E.R. Green & L.M. Maurer, 2015. Ithaca, NY: Planned Parenthood of the Southern Finger Lakes: Out for Health.

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Definitions (cont.)

- **Straight (heterosexual):** someone who is attracted to persons of the opposite sex
- **Gay (homosexual):** a male who is attracted to persons of the same sex
- **Lesbian (homosexual):** a female who is attracted to persons of the same sex
- **Bisexual:** someone who is attracted to persons of both sexes
- **Cisgender:** a person whose gender identity is consistent with the biological sex they were assigned at birth.

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Definitions (cont.)

- **Transgender:** someone who was identified as one gender at birth but feels strongly that he or she is the opposite gender
- **LGBTQ:** An acronym used to refer to lesbian, gay, bisexual, transgender, queer, and/or questioning individuals and communities. This does not just mean homosexual, as it includes a wider range of definitions.
- **Gender Nonconforming:** A person whose gender expression is perceived as being inconsistent with cultural norms expected for that gender.

From The Teaching Transgender Toolkit: A Facilitator's Guide to Increasing Knowledge, Decreasing Prejudice & Building Skills by E.R. Green & L.M. Maurer, 2015. Ithaca, NY: Planned Parenthood of the Southern Finger Lakes: Out for Health.

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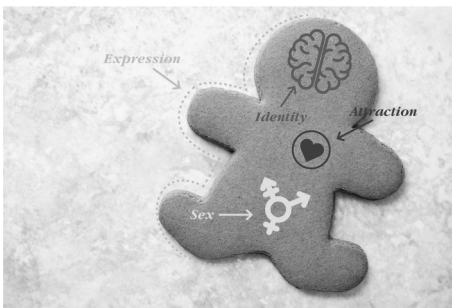
**ACTIVITY:
Messages Received**

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The GenderBread Person



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The GenderBread Person p. 558, FG
p. 141, J

GENDER IDENTITY
 How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness
 Man-ness

"WOMAN" "MAN"
 "TWO-SPIRIT" "GENDERQUEER"

GENDER EXPRESSION
 The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Feminine
 Masculine

"BUTCH" "FEMME"
 "ANDROGYNOUS" "GENDER NEUTRAL"

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The GenderBread Person p. 558, FG
p. 141, J

BIOLOGICAL SEX
 The physical sex characteristics you're borne with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness
 Male-ness

"MALE" "FEMALE"
 "INTERSEX" "MTF FEMALE"

SEXUALLY ATTRACTED TO
 NOBODY → (Women/Females/Femininity)
 NOBODY → (Men/Males/Masculinity)

ROMANTICALLY ATTRACTED TO
 NOBODY → (Women/Females/Femininity)
 NOBODY → (Men/Males/Masculinity)

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Session 16
Challenges to Healthy Sexuality

Goals

- To understand how sexual abuse and other challenges can affect our sexuality
- To learn how to establish a sense of safety for ourselves

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**ACTIVITY:
Drawing Safety**

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Challenges to Healthy Sexuality

- Being lied to by sexual partners
- Date rape drugs
- Group sex at parties
- Expectations due to pornography
- Being pressured to send nude photos online
- Sexting
- Cyber stalking

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Challenges to Healthy Sexuality (Cont.)

- Sex trafficking
- Exchanging sex for alcohol or other drugs
- Being sex workers
- Being shamed or humiliated or stigmatized for sexual orientation or gender expression
- Compulsive sexual behavior

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Additional Challenges in Prisons/Jails

- Institutional rules and regulations
- Psychological abuse
- Covert sexual abuse
- Sexual jokes
- Verbal harassment
- Unwanted flirtation
- Exploitation
- Intimidation
- Voyeurism
- Difficulty in reporting abuse

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Trauma and Sexuality

- Fear of or avoidance of sex
- Approaching sex as an obligation
- Negative feelings about being touched
- Difficulty with arousal and sensation
- Vaginal pain
- Emotional distance during sex (such as spacing out)
- Disturbing sexual thoughts and images
- Compulsive or inappropriate sexual behavior
- Difficulty forming and maintaining intimate relationships

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Effects of Sexual Abuse

- Powerlessness
- Numbness
- Anxiety/hyperarousal
- Impaired judgment
- Mistrust
- Shame

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**DISCUSSION:
Rape**

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Activities p. 586-587, FG
p. 152, J

- Creating Safety
- Guided Imagery

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Session 17
Healthy Sexuality

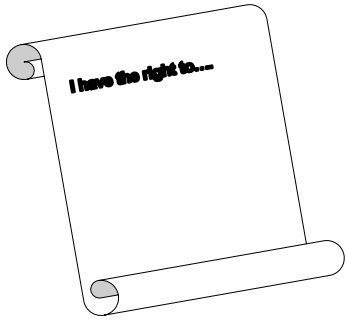
Goals

- To understand the fear of being sexual without alcohol or other drugs
- To develop an understanding of healthy sexuality
- To create a Sexual Bill of Rights
- To create a Sexuality Wheel

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Sexual Bill of Rights



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Six Sexual Health Principles

1. Consent
2. Nonexploitation
3. Protection from STDs or STIs and unintended pregnancy
4. Honesty
5. Shared values
6. Mutual pleasure

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Elements of Healthy Sexuality

1. Talking about sex
2. Culture and sexual identity
3. Sexual anatomy and functioning
4. Sexual health care and safer sex
5. Challenges: Overcoming barriers to sexual health

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Elements of Healthy Sexuality (cont.)

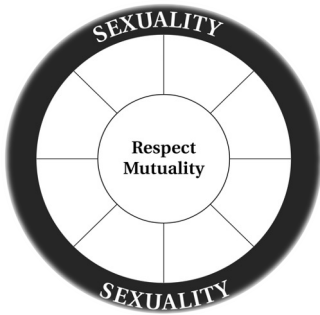
- 6. Body image
- 7. Positive sexuality
- 8. Intimacy and relationships
- 9. Spirituality

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Sexuality Wheel



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Spirituality
Module
Helping Women Recover

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Module D: Spirituality

Session 18 *What is Spirituality?*
 Session 19 *Mindfulness, Prayer, and Meditation*
 Session 20 *Creating a Vision*

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Session 18
What Is Spirituality?

Goals

- To discuss the differences between religion and spirituality
- To develop language for describing our spiritual experiences
- To experience spiritual rituals

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Tenents of Positive Spirituality

- Recognizing the interrelatedness of all life
- Honoring the dignity of all gender expression
- Appreciating the human body as the container of the spirit

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Tenents of Positive Spirituality (Cont.)

- Discovering the power of creating ritual
- Cultivating sensitivity to diverse multicultural experiences
- Perceiving work for ecological and social justice as a spiritual responsibility

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**DISCUSSION:
Religion and Spirituality**

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Spirituality

One definition of spirituality is oneness, wholeness, connection to the universe; belief in something greater than yourself, trust in a higher or deeper part of yourself.

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Activities

- Ritual of Water
- Sharing Wisdom

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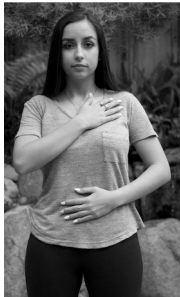
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Blessing Body, Mind, and Spirit

Module D YOGA Activity

p. 648-650, FG
p. 193-195, J



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Blessing Body, Mind, and Spirit
Module D YOGA Activity

p. 648-650, FG
p. 193-195, J



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Recovery Scale
Spirituality Module

	Not at all	Just a little	Pretty much	Very much
I acknowledge my spiritual needs				
I nurture my spiritual environment				
I find comfort in my spiritual practices				
I have a deepening relationship and connection to God, or nature, or _____.				
I feel connected with the life experiences of others				
I respect the spiritual beliefs and practices of others				

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Recovery Scale
Spirituality Module (cont.)

	Not at all	Just a little	Pretty much	Very much
I am developing a daily contact with the spiritual through prayer or meditation				
I listen to myself/my inner voice				
I have a vision for my life				
I live one day at a time				
Recovery is part of my future				
I am grateful for the life I have today				

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Session 19
Mindfulness, Prayer, and Meditation

Goals

- To understand how mindfulness, prayer, and meditation help us to increase our spirituality
- To experience silence in a safe environment
- To have an experience of going inward

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Activities

- Ritual of Flowers
- Becoming the Person?

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Activities

- Breath Work
- Walking Meditation
- Nature Meditation

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Session 20
Creating a Vision

Goals

- To create visions of where we want to be in our lives six months from now
- To celebrate the journey we have taken together in this group

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Activities

- Prospective Journey
- Who Are You?
- ORID

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ORID

- **O**bjective
- **R**eflection
- **I**nterpretive
- **D**ecisional

(Adapted from Technology of Participation (ToP)® Facilitation Methods, Institute of Cultural Affairs, 2016.)

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What Makes a Difference?

- Creating a safe environment
- Listening to her story
- Empathy

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Sanctuary



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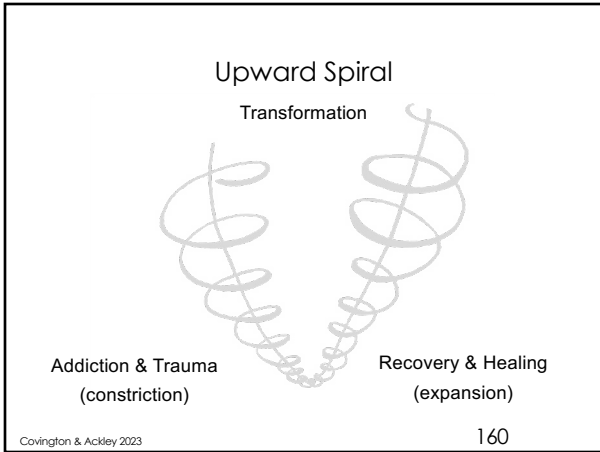
What is Sanctuary?

- Sacred place
- Place of refuge/protection
- Shelter

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Gender-Responsive Materials
Women and Girls

- *Helping Women Recover*
- *Beyond Trauma: A Healing Journey for Women*
- *Healing Trauma + A Brief Intervention for Women and Gender-Diverse People*
- *A Woman's Way through The Twelve Steps*
- *Beyond Violence*
- *Beyond Anger and Violence*
- *Women in Recovery*
- *Voices: A Program of Self-Discovery and Empowerment for Girls*

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Gender-Responsive Materials
Men and Boys

- *Helping Men Recover*
- *Exploring Trauma + A Brief Intervention for Men and Gender-Diverse People*
- *A Young Man's Guide to Self-Mastery*

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Gender-Responsive Materials
Staff

- *Becoming Trauma Informed*
- *Moving from Trauma-Informed to Trauma-Responsive*
- *Women and Addiction: A Gender-Responsive Approach*

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Self-Help Books

- *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy* (relationships)
- *Awakening Your Sexuality: A Guide for Recovering Women* (sexuality)
- *A Woman's Way through The Twelve Steps* (addiction and recovery)

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