



A Woman's Journal: Helping Women Recover

Stephanie S. Covington

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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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