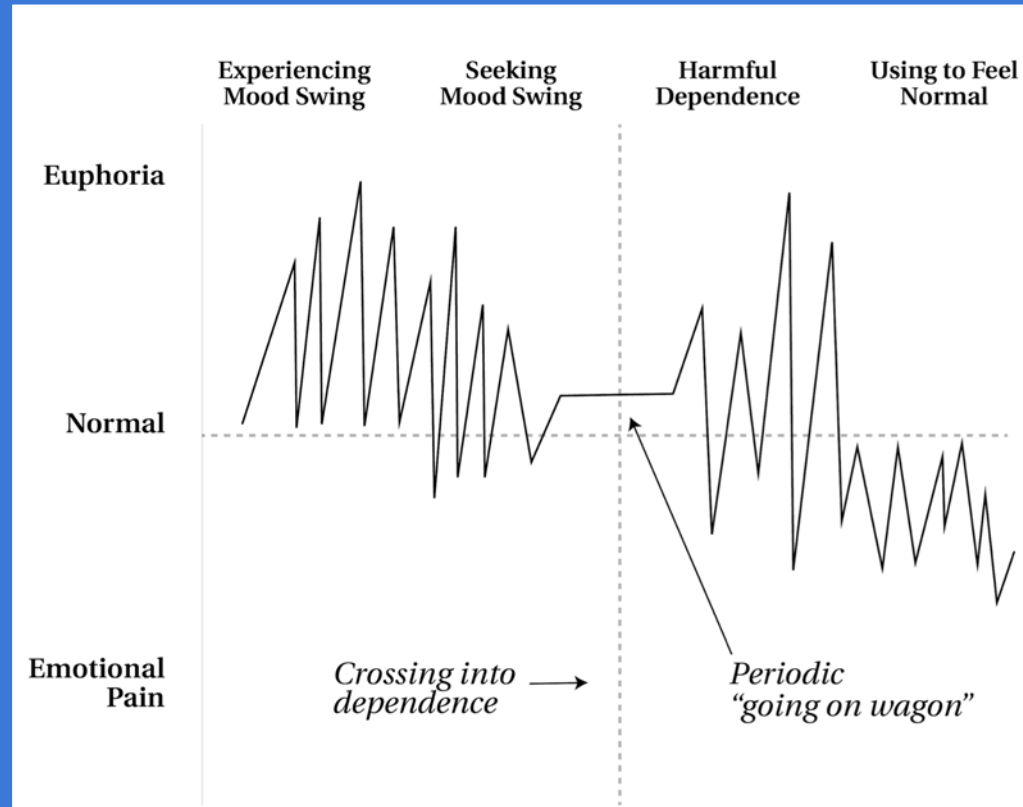




Feeling Chart



Providing Care Challenges

- Frustration
 - Not rational, logical
- Continue to do harm
 - To self and family
- Attention seeking
 - Attention needing

Providing Care Challenges

- Denial
 - Not a problem
 - Don't need or want help
 - Fear of losing "best friend"
- Shame
- Our judgments

Challenge of Behavioral Change

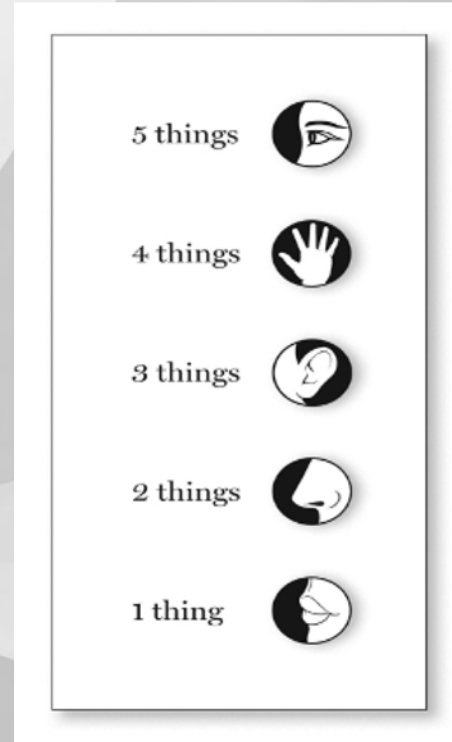
- Changing our own behavior?

The background of the slide features a stack of several books. The top book is open, and its pages are fanned out, creating a large, fan-like shape. The pages are yellowed with age and contain some text. The lighting is bright, coming from the right, which creates a strong glow and highlights the edges of the pages. The overall scene is a close-up of the books, with the focus on the fanned-out pages.

Resources

A Brief Conversation

- Five Senses exercise
 - Breathing and Exhaling exercise
- www.stephaniecovington.com



Changing the Question

“What is wrong with her/them”

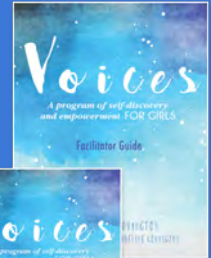
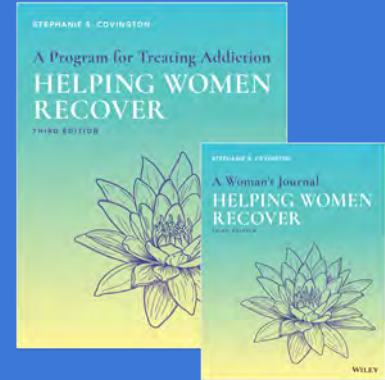


“What has happened to her/them?”



Materials for Women and Girls

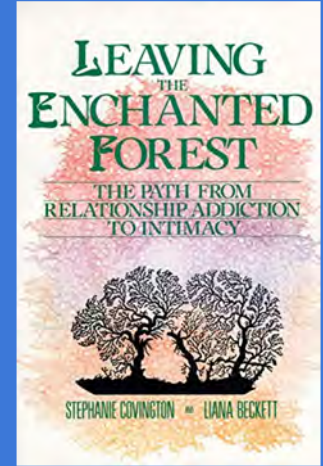
- *Helping Women Recover*
- *Beyond Trauma: A Healing Journey for Women*
- *Healing Trauma: A Brief Intervention for Women*
- *A Woman's Way through The Twelve Steps*
- *Beyond Anger and Violence*
- *Women in Recovery*
- *Voices: A Program of Self-Discovery and Empowerment for Girls*





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...book and workbook)*





Gender-Responsive Materials Staff

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

