

# Helping Women Recover



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Since it was first published in 1999, Helping Women Recover has set the standard for best practice in the field of women's treatment. Helping Women Recover is based on Dr. Covington's Women's Integrated Treatment (WIT) model. It offers a program specifically designed to meet the unique needs of women who are addicted to alcohol and other drugs or have co-occurring disorders. This thoroughly revised and updated edition includes evidence-based and empirically tested therapeutic interventions which are used to treat addiction and trauma in an innovative way. The Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group therapy settings or with individual clients. Included in SAMHSA's National Registry of Evidence-based Programs and Practices.

作者介绍:

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