
INDEX

A

- A.A. Grapevine*, 3
Abstinence, 43
Abstinence-oriented services, 46
Abuse: and chemical dependence, 59; motivation for, 174; in relationships, 172–173; and sense of safety, 60–61. See also Domestic abuse; Drug abuse; Sexual abuse; Substance abuse
Acute-intervention model, 14
Adaptive survival mechanism, 122–123
Addiction: definition of, 13, 58; dimensions of, for women, 16–17; effect of, on sexuality, 200; gender differences in, 6–9; holistic health model for, 15–17; models of, 13–15; as neglect of self, 20; no cure for, 64; and preoccupations, 129; and relationships, 22–23; risk of, 102; spiral of, and recovery, 17–20; theory, 13–20, 38
Adverse Childhood Experiences Study (Felitti et al.), 26
Advertisements, 207, 208, 218
Affection, 77
Affirmations, 93, 97–99
African American women, 24, 47, 93
Age, 102, 201
AIDS, 8, 201, 215, 278
Alcohol, 7; advertising and, 207, 218; to calm fears about sex, 206; and sexual dysfunction, 200, 201, 219–221; and *spiritus*, 284
Alcoholics Anonymous, 13, 31, 32, 190–191, 193, 284, 293, 311, 313, 320, 325, 326; “Big Book,” 310, 312, 313; and holistic health model for addiction, 15; and Jellinek Curve, 3; slogans of, 322; Twelve Steps of, 321; Twelve Steps program, 3, 32, 33, 48
Alcoholics Anonymous World Services, 284
Alexander, C. N., 300
Alexander, M., 7
Alienation, 102
Alonso, A., 10–11
Amaro, H., 6, 8, 22
American Psychiatric Association, 25, 168
American Psychological Association, 24
Anderson, S. R., 288
Annon, J., 202
Anxiety, 7, 8, 33
Appearance, 102
Aries, E., 9
Ashley, O., 8, 9
Asian women, 47
Asset-based model. See Strength-based model
Assistance for Needy Families, 50
Associational-cue exercise (Dolan), 257
Attachments, 294
Attendance, in Group Agreements, 68
Awakening Your Sexuality (Covington), 203, 219, 222
- ## B
- Beck, A. J., 7
Beck Depression Scale, 33
Beckett, L., 123, 142
Behavioral health recovery management (BHRM), 14, 15
Beliefs, 75, 93
Berber tribes, 2
Berenson, D., 329
Bernardez, T., 10
Bernichon, T., 11
Bernstein, D. P., 8
Beyond Trauma: A Healing Journey for Women (Covington), 31, 33, 34, 60–61, 103, 122, 124, 170, 204, 258
BHRM. See Behavioral health recovery management
“Big Book” (Alcoholics Anonymous), 310, 312, 313
Big sister, 48
Bisexual women, 47
BJS. See Bureau of Justice Statistics
Blanchette, K., 46
Bloom, B., 12
Bloom, S., 45
Body image, 201; worksheet, 233–234
Body Image session (Module C; Session 11), 227–239; body-image worksheet for, 233–234; check-in for, 229, 230; close for, 230, 235–237; debrief body-image worksheet for, 229, 234; facilitating information for, 228–230; goals for, 231; journal assignment for, 230, 237–238; lecturette for, 231–233; materials needed for, 227–228; optional collage for, 230, 234–235; participant goals in, 227; quiet time for, 230; teaching point for, 227; topic sequence and recommended timing in, 227

Boyd, M., 7
 Boyle, M., 14
 Brady, T., 8, 9
 Breathing exercise, 303–305
 Brienza, R., 7
 British Columbia Centre of
 Excellence for Women's
 Health, 18
 Brown, S., 17
 Brown, S. L., 46
 Brown, V., 2, 39
 Brown, V. B., 6
 Buddha, 32, 294
 Buddy system, 53, 83
 Bureau of Justice Statistics (BJS),
 24
 Burke, C., 34

C

CA. *See* Cocaine Anonymous
 California Endowment, 33
 CASA. *See* National Center on
 Addiction and Substance
 Abuse
 Cash, T. F., 228
 Casriel, Dan, 4
 Caucasian women, 24
 Center for Substance Abuse
 Treatment (CSAT), 8, 16,
 37–39, 48–50
 Check-in, 40–41; in Body Image
 session, 229, 230; in Creating
 a Vision session, 312; in Family
 of Origin session, 124; in
 Fear of Sex While Clean and
 Sober session, 275; in Inter-
 personal Violence session,
 172; in Mother Myths session,
 155; in Prayer and Meditation
 session, 300; in Self-Esteem
 session, 94; for Sense of Self
 session, 82–84; in Sexism,
 Racism, and Stigma session,
 104; in Sexual Abuse session,
 258, 259; in Sexual Identity
 session, 244, 245; in Sexuality
 and Addiction session, 207,
 209; in What Is Spirituality?
 session, 289
 Chemical dependence, 13, 220
 Chlamydia, 215
 Christians, 110
 Clark, J. L., 124
 Class, 102
 Clinical treatment services, 50
 Cocaine, 7, 224
 Cocaine Anonymous (CA), 31,
 48, 190–191, 193, 311
 Cocozza, J. J., 6
 Codependence, 103, 107
 Cognitive therapy, 46, 93
 Cognitive-behavioral therapy
 (CBT), 46
 Cognitive-restructuring theory,
 257
 Collage activities, 204; optional,
 208, 217–221; optional, for
 Body Image session, 230;
 optional, for Fear of Sex
 While Clean and Sober ses-
 sion, 274, 279–280
 Collage: The River of Self
 Esteem, 92–93, 96; second
 look at, 186, 195–196
 Collages, sharing, 93, 97
 Comprehensive treatment model
 for women, 48–50
 Confidentiality, 52; in Defining
 Self session, 70; in Group
 Agreements, 68; in Self mod-
 ule, 61; two exceptions to rule
 of, 61, 68
 Confrontational approach, 4–5,
 53
 Connection, 44, 54
 Conscious contact, 300, 302
 Constructive criticism, 98
 Control, 77, 97
 Cooperation, 285
 Cormier, R., 18
 Correctional Service of Canada,
 35, 46
 Corrigan, P., 14
 Covington, S., 11, 12, 16, 21, 23,
 25, 30–33, 51, 103, 122–124,
 142, 170, 192, 200, 203, 204,
 206, 209, 219, 222, 258, 275,
 289, 295, 303
 Creating a Vision (Module D;
 Session 17): check-in for, 312;
 closure to, 312, 315–318; and
 excerpt from “Big Book” of
 Alcoholics Anonymous, 310;
 facilitation information for,
 310–312; goals for, 313; mate-
 rials needed in, 309–310; par-
 ticipant goals in, 309;
 Promises of Recovery lec-
 turette for, 313–314; and
 Prospective Journey activity,
 311, 314–315; quiet time in,

312; teaching point in, 309;
 topic sequence and recom-
 mended timing in, 309
 Creating Healthy Relationships
 and Support Systems (Mod-
 ule B; Session 9): close and
 journal assignment for,
 196–197; facilitation informa-
 tion for, 184–186; goals for,
 187; and lecturette on sup-
 portive, growth fostering rela-
 tionship, 185, 187–191;
 materials needed for, 184;
 participant goals for, 183;
 quiet time for, 187; and Rela-
 tionship Maps, 185, 191–192;
 and relationship steps
 (Twelve Step programs),
 194–195; and second look at
 self-esteem collages, 186,
 195–196; and sharing relation-
 ship maps, 185–186, 195;
 teaching point for, 183; topic
 sequence and recommended
 timing for, 183
 CSAT. *See* Center for Substance
 Abuse Treatment
 Cultural sensitivity, 54, 202
 Culture, 7, 47, 201
 Cusick, L., 8

D

Davis, B., 124
 Dawson, C., 124
 Daytop therapeutic community,
 4
 Dederich, B., 4, 326
 Dederich, C., 4, 326
 Deep Breathing exercise, 70,
 72–73, 179, 181
 Deeper Self, 32
 Defining Self (Module A; Session
 1), 63–80; closing, 79–80; Feel-
 ing Okay: Grounding and
 Self-Soothing Exercises in, 70,
 70–74; goals for, 66; ground-
 ing and self-soothing exer-
 cises in, 65, 70–74; group
 agreements for, 68–69; infor-
 mation about facilitating,
 64–66; introductions in, 66;
 journal assignment for, 78–79;
 lecturette for, 77; materials
 needed for, 64; opening,
 64–65; orientation to the

- group in, 67–68; overview of, 63–64; participant goals in, 63; quiet time in, 66; teaching point for, 63; topic sequence and recommended timing for, 63; Who Am I? activity in, 65, 74–75; Who Are You? activity in, 65, 76
- Denial, 83
- Depression, 7, 8, 33
- Depressive spiral, 22
- Desires, 58
- Diabetes, 14
- Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision* (DSM-IV-TR; American Psychiatric Association), 25, 168
- Disconnections, 184–185, 190
- Discussion: and Messages About Lesbians and Gay Men, 246–248; and Relationships with Our Mothers, 146–147; of spiritual experiences, 289, 295–296
- Disease model of addiction, 13–14
- Dolan, Y. M., 257
- Domestic abuse, 169; definition of, 173; six questions in assessment of, 170
- Dominant people, 111–112
- Dorsey, C., 7
- Dosher, A. W., 192
- Drawing Safety activity, 260
- Drug abuse: advertising and, 201; effect of, on sexuality, 201; and fears about sex, 206; and sexuality, 221
- DSM-IV-TR. See Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision*
- Duckert, F., 2
- Dukakis, Kitty, 1
- Dysfunctional homes, 122–123
- E**
- Economic abuse, 174
- Effects of Sexual Abuse chart, 258, 265
- Eliason, M., 4
- Eliot, T. S., 288
- Ellis, A. R., 6
- Emotional abuse, 173
- Emotional safety, 60
- Emotive module, 46
- Empathy, 21, 155, 207–208
- Empowerment, 44–45
- Environmental Therapy, 45
- Essence* magazine, 93
- Ethnicity, 7, 201
- Europe, 4
- Evans, S., 165
- F**
- Facilitation information, 40; for Body Image session, 228–230; for Creating a Vision session, 310–312; in Creating Healthy Relationships and Support System session, 184–186; for Defining Self session, 64–66; for Family of Origin session, 122–125; for Fear of Sex While Clean and Sober session, 274; for Mother Myths session, 154–156; for Mothers session, 146–147; in Prayer and Meditation session, 300; in Self-Esteem session, 92–94; in Sense of Self session, 82–84; in Sexism, Racism, and Stigma session, 102–104; for Sexual Abuse session, 256–258; for Sexual Identity session, 242–245; in Sexuality and Addiction session, 206–209; in What Is Spirituality? session, 288–289
- Facilitator, role of, 50–55; and facilitation guidelines, 51–55; and facilitator's journey, 55; and therapeutic style, 50–51; and training, 55
- Fallot, R., 6
- Fallot, R. D., 27
- Family of Origin session (Module B; Session 5): check-in for, 124, 125; and childhood roles, 123; close and journal assignments in, 143–144; debriefing family sculpture in, 124–125, 138; and debriefing role groups, 140–141; debriefing role groups in, 125; facilitation information for, 122–125; family sculpture in, 124, 126–138; goals for, 126; materials needed for, 122; overview of, 121–122; participant goals in, 121; and positive and negative aspects of roles, 141–142; quiet time for, 125; and reparenting, 124; role groups in, 140; sample questions and answers in, 138–140; teaching point in, 121; topic sequence and recommended timing in, 121
- Family Sculpture activity, 122, 124, 125, 126–138; debriefing, 124–125
- Family unit, primary function of, 123
- Family violence, 169
- Family-Centered Treatment for Women with Substance Use Disorders (Center for Substance Abuse Treatment), 49
- Fear of Sex While Clean and Sober session (Module C; Session 14): check-in for, 275; close and journal assignment for, 281; facilitation information for, 274; goals for, 275; lecturette for, 275–279; materials needed in, 273–274; optional collage for, 274, 279, 280–281; participant goals in, 273; quiet time for, 275; Sexual Bill of Rights for, 274; teaching point in, 273; topic sequence and recommended timing in, 273
- Fedele, N., 10–11
- Federal Bureau of Investigation, 24
- Feelings, 58, 75
- Felitti, V. J., 8, 26
- Feminine spiritual principle, 285
- Fetal Alcohol Syndrome and Women's Health* (Greaves, Poole, and Cormier), 18
- Finkelstein, N., 22, 47
- Finland, 2
- Finney, J., 31
- Five Senses exercise, 70–72, 179
- Focusing on the Here and Now exercise, 70, 72, 179
- Foot binding (China), 154
- Ford, Betty, 1
- Fortin, D., 35, 46
- Foss, M. A., 8
- Francisco, L., 11
- French, M., 32

Freud, S., 284
Freudian stereotypes, 103

G

Galaif, E. R., 8
Gay men, 244
Gender: cultural context and, 47;
and single *versus* mixed-gender groups, 9–11; and women-only groups, 11–12
Gender differences, 6–9
Gender-responsive approach, 12
Gender-responsive services: and addiction theory, 13–20; and holistic health model of addiction, 15–17; overview of, 12–13; and relational-cultural theory, 20–30; and trauma theory, 24–30
“Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services, and Outcomes for Women in Substance Abuse Treatment” (Journal of Psychoactive Drugs), 6
Genital herpes, 215
Glover Reed, B., 6
Goals, 41; in Body Image session, 231; in Creating a Vision session, 313; in Creating Healthy Relationships and Support Systems session, 187; in Defining Self session, 66; in Family of Origin session, 126; in interpersonal violence session, 172; in Mother Myths session, 157; in Prayer and Meditation session, 301; in Self-Esteem session, 94–95; in Sense of Self session, 85; in Sexism, Racism, and Stigma session, 104–105; in Sexual Abuse session, 260; in Sexual Identity session, 246; in Sexuality and Addiction session, 207, 210–211
Goals, participant, 40; in Body Image session, 227; in Creating a Vision session, 309; in Creating Healthy Relationships and Support Systems session, 183; in Defining Self session, 63; in Family of

Origin session, 121; in Fear of Sex While Clean and Sober session, 273; in Mother Myths session, 153; in Mothers session, 145; in Prayer and Meditation session, 299; in Self-Esteem session, 91; in Sense of Self session, 81; in Sexism, Racism, and Stigma session, 101; in Sexual Abuse session, 255; in Sexual Identity session, 241; in Sexuality and Addiction session, 205; in What Is Spirituality? session, 287

God, 32; as feminine, 285, 292
Goleman, D., 46
Gonorrhea, 215
Goodman, R. S., 300
Graham, B., 10
Grapevine, The (Alcoholics Anonymous World Services), 3
Greaves, L., 18
Green, C. A., 9
Greenfield, S., 2, 11
Grella, C. E., 6, 8, 11, 26, 29
Grounded, being, 65
Grounding and self-soothing exercises. *See* Self-soothing and grounding exercises
Group agreements, 68–69
Growing Up Again (Clark and Dawson), 124
Growth-fostering relationship, 184; importance of, 20–22
Guilt, 200, 201
Gulf Oil, 4, 326

H

Hankin, J., 30
Hardy-Fanta, C., 8, 22
Harm-reduction services, 46
Harrington, E., 10–11
Harris, M., 27
Harrison, P. M., 7
Hartling, L. M., 22, 184
Healing journey, 61
Heath, Massachusetts, 325
Hennigan, K., 6
Herman, J., 10, 27–29
Hero role, 133, 135, 136, 140, 141
Heterosexism, 21–22, 102, 252
Heterosexual women, 47

Heussner, J., 30
Higher Power, 32, 300, 302
Hispanic women, 48
HIV, 8, 201, 215, 278
Holistic health care, 14
Homophobia, 251
Homosexuality, 242, 248, 251; and sexual abuse, 243
Honesty, in Group Agreements, 69
Hopkins, P., 288
Hser, Y., 8, 11, 29
Huang, Y., 29
Huba, G., 39
Humor, 54, 136, 142

I

Incest, 1, 4, 25, 33, 39, 137, 257, 261
Inclusion, 77
Inner and Outer Journey of Recovery, 203
Institute on Domestic Violence in the African American Community, 24
Integration, 30–31
Interpersonal Violence session (Module B; Session 8): check-in for, 172; close and journal assignment for, 171, 180–182; discussion on rape in, 170–171, 176; goals for, 172; lecturette on domestic abuse for, 172–175; and lecturette on effects of abuse, 176–178; materials needed for, 168–171; participant goals in, 167; quiet time for, 171; and self-soothing chart, 171, 178–179; and sharing Relationship History Charts, 171, 180; teaching point in, 167; topic sequence and recommended timing for, 167
Intervention, three levels of, 46
Intimacy, 216, 217

J

Jackson, E. W., 6
Japan, 302
Jefferson Airplane, 228
Jellinek Curve, 3, 13
Jellinek, E. M., 3

Jordan, J. V., 21, 22, 184
 Joshi, V., 8, 11
 Journal assignments, 41–42;
 in Body Image session, 230,
 237–238; in Creating Healthy
 Relationships and Support
 Systems session, 196–197;
 in Family of Origin session,
 143–144; in Fear of Sex While
 Clean and Sober session, 281;
 in interpersonal violence ses-
 sion, 171, 180–182; for Mother
 Myths session, 156; for Moth-
 ers session, 162–164; in Prayer
 and Meditation session,
 307–308; in Self-Esteem ses-
 sion, 100; in Sense of Self ses-
 sion, 90; in Sexual Identity
 session, 244–245, 252–253; for
 Sexuality and Addiction ses-
 sion, 209, 221–225; in What Is
 Spirituality? session, 298
Journal of Psychoactive Drugs, 6
 Jung, C. G., 284, 295; letter from,
 to Bill Wilson, 323–324

K

Kaplan, A. G., 21
 Kasl, C., 48, 327
 Kearns, M., 47
 Keaton, S., 34
 Kennedy, C., 47
 Kimerling, R., 25
 Kinsey, A., 242, 243, 250
 Kinsey Institute, 243
 Kinsey Scale, 241, 242, 244, 250,
 251
 Kirkpatrick, J., 330
 Kohen, J., 25
 Kohut, H., 23

L

Länne, L., 45
 Lawrence, J., 2
*Leaving the Enchanted Forest: The
 Path from Relationship Addic-
 tion to Intimacy* (Covington
 and Beckett), 122, 142
 Lecturettes, 41; on body image,
 231–233; on creating safety,
 267–268; on domestic abuse,
 172–175; on effects of abuse,
 176–178; in Fear of Sex While

Clean and Sober session,
 275–279; and Inclusion, Con-
 trol, and Affection/Openness,
 77; on Promises of Recovery,
 313–314; in Self-Esteem ses-
 sion, 95–96; in Sense of Self
 session, 85–86; for Sexism,
 Racism, and Stigma session,
 103–104, 108–113; on sexual
 abuse, 258, 260–263; on sexual
 identity, 244, 249–252; on
 silence and meditation,
 301–303; on spirituality, reli-
 gion, and addiction, 291–296;
 on what is supportive,
 growth-fostering relation-
 ship, 187–191
 Lesar, M. D., 31
 Lesbians, 47, 244
 Leshner, A. I., 16
 Letter writing, 155
 Linehan, N., 10
 Literacy levels, 52
 Lost Child role, 135, 136, 140, 142
 Love, as behavior, 216, 217
 Loveland, D., 14
 Ly, J., 22
 Lynch, F. L., 9

M

Magical Child Within You, The
 (Davis), 124
 Makela, K., 32
 Man, as generic term, 105
 Manipulation, 217
Many Roads, One Journey (Kasl),
 327
 Martin, A., 8
 Mascot role, 136, 140, 142
 Materials needed, 40; in Body
 Image session, 227; in Creat-
 ing a Vision session, 309; in
 Family of Origin session, 122;
 in Fear of Sex While Clean
 and Sober session, 273–274;
 in Mother Myths session,
 153–154; in Mothers session,
 146; in Prayer and Meditation
 session, 299–300; in Self-
 Esteem session, 92; in Sense
 of Self session, 82; in Sexism,
 Racism, and Stigma session,
 64; in Sexual Abuse session,
 255–256; in Sexual Identity

session, 241–242; in Sexuality
 and Addiction session, 206; in
 What Is Spirituality? session,
 287–288
 Maxwell, M., 2
 May, T., 8
 McCaul, M. E., 30
 McWilliams, N., 10
 Melchior, L., 39
 Memory, 262
 Messina, N., 26, 35
 Methamphetamine, 220, 229
 Miller, D., 25
 Miller, J. B., 20–22, 32, 184
 Mood disorders, 8
 Moos, R. H., 25, 31
 Moral inventory, 83
 Moral model of addiction, 13
 Morocco, 2
 Morrissey, J. P., 6
 Mother Myths session (Module B;
 Session 7): check-in for, 155,
 156; close and journal assign-
 ment for, 156, 162–164; and
 discussion of mother myths,
 155, 157–159; facilitation
 information for, 154–156;
 goals for, 157; materials
 needed for, 153–154; partici-
 pant goals in, 153; quiet time
 for, 156; and reading letters
 from mothers, 156, 160–161;
 and reading letters to moth-
 ers, 155, 159; and Relationship
 History Chart, 162, 165; teach-
 ing point for, 153; topic
 sequence and recommended
 timing for, 153; and writing
 letters from mothers, 156,
 159–160
 Mothers session (Module B; Ses-
 sion 6): check-in for, 147; close
 and journal assignment for,
 151–152; facilitation informa-
 tion in, 146–147; Gestalt
 empty chair activity in, 147,
 149–151; goals for, 147–148;
 lecturette for, 148; materials
 needed in, 146; participant
 goals in, 145; quiet time for,
 147; relationship with our
 mothers discussion in,
 148–149; teaching point in,
 145; topic sequence and rec-
 ommended timing in, 145

Mourning, 28
Mutual-help groups, 31–33, 49,
83, 311
Mutuality, 21, 155, 207–208

N

NA. *See* Narcotics Anonymous
Najavits, L. M., 6, 26
Narcotics Anonymous (NA), 31,
48, 190–191, 193, 311
National Center on Addiction
and Substance Abuse
(CASA), 5
National Council on Alco-
holism, 4
National Institute of Corrections,
12
National Institute on Drug
Abuse (NIDA), 7, 8, 16
National Institutes of Health,
Office of Research on
Women's Health, 6
Nature meditation exercise,
306–307
Negative messages, 65, 92, 93,
95, 97, 99, 100
Negative peer pressure, 135
Nervousness, 8
New York state, 4
Newcomb, M. D., 8
Nicotine, 7
NIDA. *See* National Institute on
Drug Abuse
Niebuhr, R., 325

O

O magazine, 93
Obsessions, 130
Office of Research on Women's
Health (National Institutes of
Health), 6
Openness, 77
Oppression, 102
ORID (Objective-Reflective-
Interpretive-Decisive)
method, 42–44, 46, 316
Orientation, to group, 67
Orme-Johnson, D., 300
Orwin, R., 11
Ouimette, P. C., 25
Owen, B., 12
Oxford Group, five primary
practices of, 320

P

Pallone, N. J., 300
Participation (Group Agree-
ment), 69
"Pass," 69
Prescription drugs, misuse of,
7
Phillips, K., 7
Phoenix House, 4
Physical abuse, 84, 173–174
Pittman, D., 2
Planned Parenthood, 202
P-LI-SS-IT model (Annon), 202
Polen, M. R., 9
Poole, N., 18
Post-traumatic stress disorder
(PTSD), 25, 26, 33, 168; symp-
toms of, 169
Power, 110, 111, 294; sex and,
207, 217
Powerlessness, admitting, 32,
103, 105, 112, 113
Prayer and Meditation session
(Module D; Session 16):
breathing exercise in,
303–305; check-in for, 300;
close and journal assignment
for, 307–308; facilitation infor-
mation for, 300; goals in, 301;
lecturette (Silence and Medi-
tation) in, 301–303; materials
needed in, 299–300; nature
meditation in, 306–307; par-
ticipant goals in, 299; quiet
time in, 300; teaching point in,
299; topic sequence and rec-
ommended timing in, 299;
walking meditation exercise
in, 305–306
Pregnancy, unwanted, 201, 278
Priyadarsini, S., 9
Promises of Recovery lecturette,
313–314
Prospective Journey activity, 310,
311, 314–315
Psalm 42:1, 324
Psyche, 284
Psychoeducational model, 46–47,
118, 201
Psychological abuse-257, 256
PTSD. *See* Post-traumatic stress
disorder
Punctuality (Group Agreement),
69

Q

Qualities, in Who Am I? exercise,
75
Questions (Group Agreements),
69
Quiet time, 40; in Body Image
session, 230; in Creating a
Vision session, 312; in Creat-
ing Healthy Relationships and
Support Systems session, 187;
in Defining Self session, 66; in
Family of Origin session, 125;
in Fear of Sex While Clean and
Sober session, 275; in Interper-
sonal Violence session, 171; in
Mother Myths session, 156;
in Mothers session, 147; in
Prayer and Meditation ses-
sion, 300; in Self-Esteem ses-
sion, 94; in Sense of Self
session, 84; in Sexism, Racism,
and Stigma session, 104; in
Sexual Abuse session, 259;
in Sexual Identity session,
245; in Sexuality and Addic-
tion session, 209; in What Is
Spirituality? session, 289

R

Race, 7, 102
Rachal, J., 2
Rape, 4, 24, 25, 92, 168, 169, 177,
229, 255, 261; discussion on,
170–171, 176
Rational Recovery, 31
RCT. *See* Relational-cultural the-
ory (RCT)
Reconnection, 28–29
Recovery: and being self-less, 78;
definition of, 58; goals of, 200
Recovery Scale, 60, 225
Relapse triggers, 9
Relational, spirituality as, 288
Relational-cultural theory (RCT),
20–30, 38; and addiction and
relationships, 22–23; and
importance of growth-fostering
relationships, 20–22
Relationship History Chart, 156,
162, 165, 257; sharing, 171,
180, 195
"Relationship History Chart"
(Evans), 165

- “Relationship Map” (Covington and Doshier), 192
- Relationship maps, 185, 191–192; and sample Relationship Map, 192; sharing, 185–186
- Relationship status, 102
- Relationships (Module B): and Creating Healthy Relationships and Support Systems (Session 9), 183–197; Family of Origin session (Session 5) in, 121–144; and growth-fostering relationships, 118–119; Interpersonal Violence session (Session 8) in, 167–182; Mother Myths session (Session 7) in, 153–165; Mothers session (Session 6) in, 145–152; sessions in, 119; three primary goals of, 117; and Twelve Step programs, 119
- Religion, 201, 284, 285, 292
- Remembrance, 28
- Reparenting, 23–24, 124
- Respect (Group Agreements), 69
- Retrospective Journey, charting, 83–84, 87
- Ritual of Water, 296–298
- Rituals, 288–289
- Roland H., 295
- Role groups, 140; debriefing, 140–141
- Role-reversal fantasy, 102, 103; debrief of, 103, 107–108; in Sexuality and Addiction session, 208, 212–217. *See also* “Woman—Which Includes Man, of Course” (role reversal fantasy)
- Roles: auxiliary, 123; of child in family of origin, 122; childhood, 123; dominant, 123; dysfunctional, 122–123; Hero, 123, 133, 135, 136, 140, 141; influence of birth order on, 123; Lost Child, 123, 135, 136, 140, 142; Mascot, 123, 136, 142; positive and negative aspects of, 141–142; Scapegoat, 123, 134–135, 140
- Rosenthal, M., 4
- S**
- Sacred, 285
- Safety, sense of: in charting Retrospective Journey, 83; in Group Agreements, 68; in Self module, 60–61; as stage of trauma recovery, 27–28; in supportive environment, 44; in What Is Spirituality? session, 288
- Same-sex attractions, 206, 242
- San Diego Association of Governments, 34
- Sanctuary, 45
- Sandmaier, M., 1, 2, 13
- Save Our Selves (SOS), 32, 331
- Scapegoat role, 134–136, 140, 141
- Schutz, W., 77
- Scott, C. K., 8
- Secular Sobriety, 48
- Self: discovering, 58–59; sense of, 102; socialization and, 61
- Self (Module A), 57–115; background and rationale for, 58–59; complementarity of, with Twelve Step Programs, 59; purpose of sessions in, 59; sense of safety in, 60–61; session content in, 59–60; session facilitation in, 60–61; three primary goals of, 55
- Self-concept, 92, 93, 102
- Self-disclosure, 52
- Self-esteem, 59; river of, 95, 186
- Self-Esteem (Module A; Session 3), 91–100; affirmation in, 93–94, 97–99; check-in for, 94; closing, 100; and Collage: River of Self-Esteem, 92–93, 96; facilitation about, 92–94; goals for, 94–95; journal assignment for, 100; lecturette for, 95–96; materials needed for, 92; overview of, 91–92; participant goals for, 91; quiet time for, 94; sharing collages in, 93, 97; teaching point for, 91; topic sequence and recommended timing for, 91–92
- Self-full, being, 78
- Self-inventory, 59
- Selfishness, 78
- Self-less, being, 78
- Self-soothing and grounding exercises, 59, 70, 257, 268–270; Deep Breathing, 70, 72–73; Five Senses, 70–72; Focusing on the Here and Now, 70, 72
- Self-soothing chart, 171, 178–179
- Sense of Self (Module A; Session 2): charting Retrospective Journey in, 83–84, 87; check-in for, 82–83, 84; closing and journal assignment for, 90; debrief lecturette for, 87; facilitation information for, 82–84; goals for, 85; lecturette for, 85–86; materials needed for, 82; overview of, 81–82; participant goals for, 81; quiet time for, 84; returning to present in, 88; sharing stories in, 88–89; teaching point for, 81; topic sequence and recommended timing for, 81–82; and What Is a Woman’s Journey?, 84, 89–90
- Serenity, 303
- Serenity Prayer, 325
- Sex education, 211
- Sex roles, 102
- Sexism, Racism, and Stigma session (Module A; Session 4), 101–115; check-in for, 104; closing, 108–113; debriefing role reversal in, 103, 107–108; facilitating, 102–104; goals for, 104–105; journal assignment for, 108–113; lecturette for, 103–104, 108–113; overview of, 101–102; participant goals in, 101; quiet time for, 104; role reversal for, 102–103, 105–107; teaching point in, 101; topic sequence and recommended timing in, 101
- Sexual abuse, 84, 174; and addiction, 8; continuum, 256, 258; covert, 257; effects of, 200
- Sexual Abuse session (Module C; Session 13): check-in for, 258, 259; drawing safety activity in, 260; and effects of sexual abuse, 265; facilitation information for, 256–258; goals in, 260; journal assignment in, 270–271; lecturette in, 258, 260–263, 267; materials needed for,

- 255–256; participant goals in, 255; quiet time in, 259; self-soothing exercise for, 268–270; and Sexual-Abuse Continuum, 263; teaching point in, 255; topic sequence and recommended timing in, 255
- Sexual Attitudes and Behavior Scale, 245, 252–253
- Sexual Behavior in the Human Male (Kinsey), 243
- Sexual Bill of Rights, 274, 280–281, 289
- Sexual dysfunction, 203, 242; before addiction, 206; statistics on, 209; statistics on, reported by alcoholic and nonalcoholic women, 219
- Sexual identity: confusion about, 200, 201, 242; statistics on, reported by alcoholic women, 244
- Sexual Identity session (Module C; Session 12): check-in for, 244, 245; close and journal assignment for, 252–253; discussion (messages about lesbian and gay men) in, 244, 246–248; facilitation information for, 242–245; goals for, 246; journal assignment for, 244–245; and Kinsey Scale, 243, 250, 251; lecturette for, 244, 249–252; materials needed in, 241–242; participant goals in, 241; quiet time for, 245; and Sexual Attitudes and Behavioral Scale, 245; statistics on, reported by alcoholic women, 244; teaching point in, 241; topic sequence and recommended timing in, 241
- Sexual orientation, 102
- Sexual-Abuse Continuum, 263
- Sexual-Chemical Lifeline, 203, 209, 221, 257; Theresa's (case), 222
- Sexuality: ambivalence about, 206; and anxiety about discussing sex, 206; definition of, 210–211; definition of healthy, 200, 242; effect of addiction on, 200; fear of, when clean and sober, 200, 242
- Sexuality (Module C): background and rationale for, 200; and Body Image session (Session 11), 227–239; facilitating sessions in, 201–204; and Fear of Sex While Clean and Sober session (Session 14), 273–281; session content for, 200–201; and Sexual Abuse session (Session 13), 255–271; and Sexual Identity session (Session 12), 241–253; and Sexuality and Addiction session (Session 10), 205–225; three primary goals of, 199; use of optional activities in, 204
- Sexuality and Addiction (Module C; Session 10): check-in for, 207, 209; close and journal assignment for, 221–225; facilitation information for, 206–209; focus questions for, 207–208, 211; goals for, 207, 210–211; and journal assignment: Sexual-Chemical Lifeline, 209; lecturette for, 217; materials needed for, 206; optional collage in, 208, 217–221; overview, 205–206; participant goals in, 205; quiet time for, 209; role reversal in, 208, 212–217; and statistics on sexual dysfunction, 209; and Statistics on Sexual Dysfunction Reported by Alcoholic and Nonalcoholic Women, 219; teaching point in, 205; and Theresa's Sexual-Chemical Lifeline, 222; topic sequence and recommended timing in, 205; and "Woman—Which Includes Man, of Course: An Experience in Awareness," 212–214
- Sexually transmitted disease, 201, 278
- Shame, 200
- Shaw, J., 25
- Shaw, S., 26
- Silence and Meditation (lecturette), 301–303
- Sixteen Steps for Discovery and Empowerment (Kasl), 48, 327–328
- Size, 102
- SMART (Self-Management And Recovery Training) Recovery, 32, 48, 331
- Socialization, 61, 74, 203, 242
- Solution focus, 42
- SOS. See Save Our Selves (SOS)
- Spencer, L., 43, 46, 316
- Spiritual awakening, 284, 293
- Spiritual void, 284
- Spirituality, 291
- Spirituality (Module D): background and rationale for, 284–285; and Creating a Vision session (Session 17), 309–318; and Prayer and Meditation session (Session 16), 299–308; sessions in, 283; three primary goals for, 283; and What Is Spirituality? session (Session 15), 287–298
- Spirituality, Religion, and Addiction (lecturette), 291–296
- Spiritus*, 284, 295
- Stein, J., 10
- Stein, J. A., 8
- Stein, M., 7
- Step programs, 48
- Stereotypes, damaging effects of, 58, 59
- Sterne, M., 2
- Stigma, 5–7, 39, 61, 102, 104, 109; concept of, 101; role of, 102
- Stiver, I. P., 21
- Stone Center (Wellesley College), 21
- Stories, sharing, 88–89
- Strategic Plan to Address Health Disparities Among Diverse Populations of Women (Office of Research on Women's Health), 6
- Straussner, S.L.A., 9
- Strength-based model, 47, 82, 92
- Submission, 32–33
- Substance abuse, 13; early association between sex and, 206–207
- Substance Abuse and Mental Health Services Administration, 6
- Sue, D., 51
- Sue, D. W., 51
- Supportive environment, 43–45
- Supportive, growth-fostering relationship, 185; lecturette on, 187–191

Surrender, 32–33
Surrey, J., 21, 23, 25
Synanon, 4
Synanon Prayer, 326
Syphilis, 215

T

Task, in Group Agreements, 69
TC. *See* Therapeutic community
Teaching point, 40; in Body Image session, 227; in Creating a Vision session, 309; in Defining Self session, 63; in Family of Origin session, 121; in Fear of Sex While Clean and Sober session, 273; in Mother Myths session, 153; in Mothers session, 145; in Prayer and Meditation session, 299; in Self-Esteem session, 91; in Sense of Self session, 81; in Sexism, Racism, and Stigma session, 101; in Sexual Abuse session, 255; in Sexual Identity session, 241; in Sexuality and Addiction session, 205; in What Is Spirituality? session, 287
Technology of participation, 43
Telescoping, 7
Therapeutic communities, 4, 48, 326
Thirteen Statements of Affirmation or Acceptance (Women for Sobriety), 330
Thomas, K., 47
Timko, C., 31
Tobacco, 208, 218
ToP focused conversation method, 43
Topic sequence and recommended timing, 40; in Body Image session, 227–228; in Creating a Vision session, 309; for Defining Self session, 63; in Family of Origin session, 121; in Fear of Sex While Clean and Sober session, 273; in Mother Myths session, 153; Mothers session (Session 6), 145; in Prayer and Meditation session, 299; in Self-Esteem session, 91; in Sense of Self session, 81–82; in Sexism, Racism, and Stigma session, 101; in Sexual Abuse session, 255; in Sexual Identity session, 241; in Sexuality and Addiction session, 205; in What Is Spirituality? session, 287
Toward a New Psychology of Women (Miller), 20
Transformation, 284
Transgendered women, 47
Trauma: and chemical dependence, 59; and mothering, 29–30; as response to violence, 25; theory, 24–29, 38; three group models for recovery from, 29; three stages of recovery from, 27–29
Trauma and Recovery (Herman), 27, 29
Trauma Symptom Inventory, 33
Treatment program, effective: and comprehensive treatment model for women, 48–50; cultural context and gender in, 47; and interfacing with therapeutic communities and step programs, 48; open and closed groups in, 47–48; principles of, 43–50; strength-based model in, 47; and supportive environment, 43–45; and use of psychoeducational model, 46–47; and woman-centered framework for treatment, 18
Trust: in Defining Self session, 70; importance of, to group process, 61
Twelve Step programs, 23, 24, 186, 258, 284, 292–293, 321; complementarity of Relationships module with, 119; complementarity of Self module with, 59; relationship steps of, 194; and relationships that foster growth, 184; Step Eight of, 119, 194; Step Eleven of, 293, 300, 302, 307; Step Five of, 83; Step Four of, 59, 83, 171; Step Nine of, 119, 194; Step One of, 103, 112; Step Ten of, 119, 194; Step Three of, 293; Step Twelve of, 293; Step Two of, 293; and support, 190–191; value of, 31–33
Twelve Steps, 321; new version of, 329

U

United Nations, 5
United States Department of Health and Human Services, 49
University of Hawaii School of Medicine, 202

V

Values, 58
Vienna, Austria, 5

W

Walking meditation exercise, 305–306
Walton, K. G., 300
Wegscheider, S., 123
Weiss, R., 26
Wellesley College, 21
Wells, T., 107, 213
WFS. *See* Women for Sobriety
What Is a Woman's Journey?, 84, 89–90
What Is Spirituality? session (Module D; Session 15), 287–298; check-in for, 289; close and journal assignment for, 298; discussion (spiritual experiences) in, 289–291, 295–296; facilitation information for, 288–289; goals in, 290; lecturette (Spirituality, Religion, and Addiction) in, 291–296; materials needed in, 287–288; participant goals in, 287; quiet time in, 289; Ritual of Water in, 296–298; teaching point in, 287; topic sequence and recommended timing in, 287
White, W., 14
Who Am I? exercise (Defining Self session), 74–75
Who Are You? exercise (Defining Self session), 76
Wilson, B., 284, 295, 325; letter to, from C. G. Jung, 323–324
Winfrey, O., 93
WIT. *See* Women's Integrated Treatment

- Woman*, as generic term, 105
 Woman-centered framework for treatment, 18
Woman's Journal, A, 42, 64, 65, 173; Possibilities Page in, 75, 84, 94; Power Chart in, 114; purpose of, 67; Recovery Scale in, 78, 114–115, 119, 144, 225; Sexual Attitudes and Behavior Scale in, 245
 Woman's treatment program: and confrontational approach, 4–5; and evolving treatment approaches, 6; justification for, 1–5; and new insights in 1960s and 1970s, 3–4; and research and practice from 1930 to 1960, 3; and therapeutic communities, 4
Woman's Way Through the Twelve Steps (Covington), 33, 38, 103, 275, 289, 295, 303
 "Woman—Which Includes Man, of Course" (role reversal fantasy), 102–103, 105–107
 "Woman—Which Includes Man, of Course: An Experience in Awareness" (Wells), 105–107, 212–213
Women centered, 12
 Women, Co-Occurring Disorders, and Violence Study (Substance Abuse and Mental Health Services Administration), 6
 Women For Sobriety (WFS), 31, 32, 48, 330
 Women Offender Substance Abuse Program (Correctional Service of Canada), 35
 Women's Integrated Treatment (WIT), 17, 30, 37–38
 Women's movement, 3–4
 Women's psychological development: and addiction and relationships, 22–23; and importance of growth-fostering relationships, 20–22

Y

Yalom, I. D., 11–12

Z

Zambia, 2

Zelvin, E., 8, 9