A Woman's Path to Recovery

TARGET AUDIENCE

This program is for adult women who have substance use disorders or other addictions.

SUMMARY

A Woman's Path to Recovery is a community-based recovery group program that is designed to guide women through the addiction recovery process and increase their awareness of the social and emotional issues that can be unique to female addictive behavior.

EVIDENCE

One published pilot study of this program demonstrates positive findings on several major outcomes, which include significant decreases in drug use (verified by urinalysis) and impulsive-addictive behaviors and significant increases in global clinical improvement and knowledge of female addiction issues. Reliable outcome measures were used in the study with a community-based sample of women who have severe and chronic substance use disorder. However, there was no control group, a pre-post design with a very small sample size was used, and no follow-up was conducted. Although the study showed promising results, the preliminary nature limits the conclusions that can be drawn.

COMPONENTS

Clinicians use topics and exercises found in A Woman's Addiction Workbook: Your Guide to In-Depth Healing to lead sessions. Select chapters are utilized and content focuses on two main components that focus on social and emotional problems that are unique to women.

- Exploration - Study gender differences with regard to addiction and recovery. Explore five key areas: body and sexuality, stress, relationships, trauma and violence, and thrill-seeking.
- Healing - Learn about methods for recovery in four domains: relationships, beliefs, actions, and feelings. For each domain, participants practice skills by engaging in a series of exercises.

The program was originally designed to address addiction to opiates and other drugs; however, the approach may also be used to manage other addictions, including addictions to food and shopping. Sessions may be implemented in group or individual formats. The workbook may also be used as a self-help tool without the necessity of a clinician.

PREVIOUS USE

A Woman's Addiction Workbook: Your Guide to In-Depth Healing was published in 2002. The extent to which the program has been utilized is unclear.
TRAINING
Implementers of the program should be trained clinicians. An optional, 1-day clinician training is available on site or by phone and costs approximately $1,600 per day plus travel expenses. Phone consultations are also available and cost $115 per hour. For more information, please call 1-617-299-1640 or email training@seekingsafety.org

CONSIDERATIONS
Considerations for implementing this program include recruiting trained clinicians to implement the program, understanding training may need to be funded, recruiting participants, and obtaining participant buy-in and commitment.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing A Woman's Path to Recovery, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
Standard program implementation generally requires 12 90-minute sessions completed over 8 weeks; however, the length and number of sessions are flexible and can be adjusted to meet varying needs.

COST
A Woman's Addiction Workbook: Your Guide to In-Depth Healing costs $22 and is required for each participant in the group.

EVALUATION PLAN
To move A Woman's Path to Recovery to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation with a strong study design and a control group should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185, or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Lisa M. Najavits, Ph.D., at Seeking Safety by mail Treatment Innovations, 28 Westbourne Road, Newton Centre, MA 02459, phone 1-617-299-1620, fax 1-617-701-1295, email director@treatment-innovations.org, or visit www.treatment-innovations.org/contact.html

SOURCE
legacy.nreppadmin.net/ViewIntervention.aspx?id=123 and www.treatment-innovations.org/a-womans-path-to-recovery.html

www.militaryfamilies.psu.edu