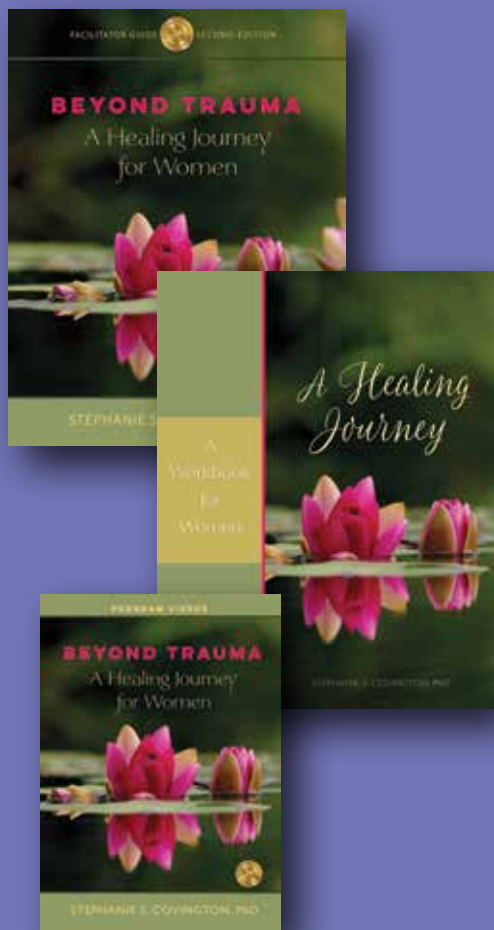


UPDATED AND EXPANDED



“Dr. Covington masterfully combines the depth and nuance of her original evidence-based curriculum with new and important material, including up-to-date neuroscience research and a deeper integration of mind-body approaches to healing.”

Carole Warshaw, MD, Director,  
National Center on Domestic  
Violence, Trauma & Mental Health

# Beyond Trauma

## A Healing Journey for Women

by Stephanie S. Covington, PhD

*Beyond Trauma: A Healing Journey for Women* is an evidence-based, twelve-session program created by Dr. Stephanie Covington, pioneer in the field of women's issues, addiction, and recovery. The materials are the product of both research and clinical experience and designed for trauma treatment, although the connection between trauma and addiction in women's lives is a primary theme throughout. Based on principles of relational therapy, the program uses cognitive-behavioral techniques, mindfulness, and expressive arts.



What's new in the second edition:

- The program has been significantly expanded and updated to meet *DSM-5* classifications, and sessions are longer.
- Every session includes modifications so the program works for adolescent girls.
- Videos are new and feature nationally recognized *Beyond Trauma* author Dr. Stephanie Covington.
- Up-to-date neuroscience research and new statistics about trauma are provided.
- A deeper integration of mind-body approaches to healing, including a yoga option, is included throughout the program.

Practical and easy-to-use, the program components include a participant workbook, participant video, facilitator guide, and facilitator video featuring clinical and personal insights from the author. This program is ideal for use in a wide variety of settings including treatment, mental health, and corrections.

### **Beyond Trauma Collection**

**2500** | **\$595.00** Includes facilitator guide and video, 20 workbooks, and participant video.

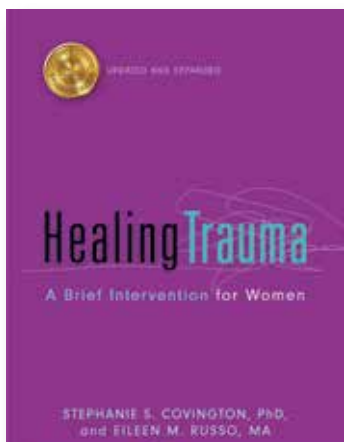
**3080** | **\$89.95** Facilitator guide, 496 pp.

**3090** | **\$10.95** Participant workbook, 184 pp.

**3255** | **\$159.00** Facilitator guide and 10 workbooks

**309010** | **\$84.00** Package of 10 participant workbooks

# Gender-responsive brief interventions for the treatment of trauma and substance use disorder



## Healing Trauma A Brief Intervention for Women

*Healing Trauma* is a six-session adaptation of the best-selling, evidence-based program *Beyond Trauma: A Healing Journey for Women*. Created by Dr. Stephanie Covington and Eileen M. Russo, it addresses the unique challenges that women with trauma face in a way that is both sensitive and understanding. Some topics include the process of trauma, power and abuse, grounding and self-soothing skills, and healthy relationships.



## Exploring Trauma A Brief Intervention for Men

*Exploring Trauma* is a six-session brief intervention that was co-created by Dr. Stephanie Covington and Roberto Rodriguez. It addresses the unique issues that men have with trauma, including the silence that surrounds abuse, the impact of male socialization on men's response to abuse, the risk of victims becoming abusers, and the need to understand fear and shame.

### Healing Trauma and Exploring Trauma Collection

4000 | \$249.95 Includes all components for both programs.

4051 | \$149.95 *Healing Trauma: A Brief Intervention for Women*

4052 | \$149.95 *Exploring Trauma: A Brief Intervention for Men*

*A reproducible participant workbook (in English and Spanish) and facilitator guide, which provides detailed guidelines for the sessions, are included in both programs.*