

FACILITATOR'S GUIDE

HELPING MEN RECOVER

A PROGRAM FOR TREATING ADDICTION

SPECIAL EDITION FOR USE IN THE JUSTICE SYSTEM [2ND EDITION]

STEPHANIE S. COVINGTON | DAN GRIFFIN | RICK DAUER

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Praise for *Helping Men Recover*

The long-awaited revised edition of *Helping Men Recover* was worth the wait. Written in clinically practical and compelling language, it advances our understanding of gender-responsive and culturally proficient treatments for young men and men of color, whose traumatic needs and vulnerabilities have been ignored for far too long in substance use treatment and correctional rehabilitation. This curriculum should be in every practitioner's toolbox.

—Dr. Doug Marlowe, Senior scientific consultant, National Association of Drug Court Professionals

Helping Men Recover is more than just a manual for a group program. It is an enlightening pathway to mental, behavioral, and spiritual health for men. These authors have been working with men and trauma for decades, and it shows. Their approach integrates the absolute best of everything we have learned about truly reaching men in deep ways. I've been doing this work for decades and I learned a lot. This is a "must read" for any clinician.

—David B. Wexler, PhD, executive director of the Relationship Training Institute and author of *When Good Men Behave Badly* and the STOP Domestic Violence Program

A superb work that fully understands and articulates the unique challenges faced by men in recovery from substance use disorders. Dr. Covington, a true pioneer in gender-responsive approaches, and her colleagues offer a powerful set of resources for this work. This new edition is more expansive, with gender-inclusive language and three additional sessions. Also, having an edition for the criminal justice system is extremely important, as many of the incarcerated struggle with substance use disorders. The model's emphases on trauma and on spirituality are especially welcome, giving this material a timely, strengths-based orientation.

—Roger D. Fallot, PhD, independent consultant in trauma and trauma-informed care; adjunct faculty, Yale University School of Medicine, Department of Psychiatry

While addressing the complexity of the socialization of men and how it can be traumatic in and of itself, these authors have expanded their already groundbreaking curriculum that is both strength based and empowering to men in recovery from addictions and trauma. It is a well-organized and easy-to-grasp curriculum that aids the practitioner in addressing multiple issues often not explored yet vital to one's recovery. The "Man Rules," feelings and vulnerability, intimacy, relationships, cultural humility, white male privilege, and gender identity and expression are the heart of the curriculum. Every behavioral program that has any male population needs this book in the hands of its clinical team.

—Claudia Black, PhD, clinical architect of the Claudia Black Young Adult Program at The Meadows and author of *It Will Never Happen to Me* and *Unspoken Legacy*

The original *Helping Men Recover* curriculum proved to be a game changer in the area of gender-responsive treatment and in helping professionals more effectively work with men. In addition, deeper attention is paid to the issues of gender expansiveness and gender inclusion. In this new edition, the authors take an even deeper dive into helping men address the impact of trauma on their lives and on their recovery. A very clear curriculum that we need now more than ever, *Helping Men Recover* will assist you to do better work with men, regardless of your gender identity as a clinician. A masterful combination of heart, soul, experience, knowledge, and wisdom!

—Jamie Marich, PhD, LPCC-S, LICDC-CS, REAT, RYT-500, founder and CEO, The Institute for Creative Mindfulness; author of *Trauma and the 12 Steps* and many other volumes on trauma recovery

Sharpening the saw is critical if we are going to be our best selves, as Dr. Stephen Covey noted in his bestselling book on the habits of highly effective people. This idea also applies to organizations and, especially, to treatment programs. Staff development and training sharpens the staff's clinical abilities and sensitivities. It increases their effectiveness and, therefore, increases the effectiveness of the program. *Helping Men Recover* provides a very systematic way of increasing a staff's gender responsiveness. As a clinical psychologist and successful author with over five decades of experience in the treatment field, and one who has written extensively about the experience of recovery, I highly recommend adopting this program for your facility. It will help increase an awareness of how the Man Rules help shape men's lives and, therefore, how the Man Rules impact the way men experience recovery. It will help to create a therapeutic climate that will help men

discover new possibilities in their lives and discover a new personal freedom as they break the shackles of toxic gender rules. *Helping Men Recover* will increase the internal recovery capital of the men you treat and give them a much better chance of sustaining their recovery.

—Allen Berger, PhD, clinical director for The Institute for Optimal Recovery and Emotional Sobriety; author of *12 Stupid Things that Mess Up Recovery* and *12 Essential Insights for Emotional Sobriety*

This new and unique curriculum for men in recovery draws on the tremendous experience and expertise of the authors in appreciating gender-sensitive issues and draws on the current research and clinical writing on the new psychology of men. In a practical, clear, inspiring, and interesting step-by-step guide for facilitators in shepherding men through the recovery process, the authors focus on the most psychologically and culturally relevant, yet frequently overlooked, factors that will facilitate a more fundamental and lasting recovery. These program materials will radically alter the course of treatment for men and make a tremendous contribution to their personal and relational recovery. This is a major and valuable contribution!

—Janet Surrey, PhD, founding scholar, Jean Baker Miller Training Institute, The Stone Center, Wellesley College

—Stephen Bergman, MD, PhD, professor of medical humanities, New York University Grossman School of Medicine

Helping Men Recover by Dr. Stephanie Covington and co-authors is another major contribution to the field of addiction treatment. The first part of the curriculum contains vital knowledge for any clinician who works with men. It discusses the impact of male socialization, the importance of integrating trauma and addiction services, and men's need for emotional development and regulation. I was particularly moved by her definition of addiction as representing the "chronic neglect of self in favor of something or someone else." The rest of the work provides practical, trauma-informed, and well-grounded activities to benefit the recovery of men in treatment. The experience and wisdom embedded in this text is long overdue.

—Sandra L. Bloom, MD, associate professor, Dornsife School of Public Health, Drexel University; founder of Creating Presence

Through the use of *Helping Men Recover*, I have seen participants develop an awareness of how the "Man Rules" that have created safety in many aspects of one's life have also created barriers in others, like effective communication,

intimacy, and trust in relationships. By increasing awareness of how they've come to understand their past and present experiences, and working through a lens of creating safety, I have witnessed participants begin making more conscious choices about who they want to be as men in recovery and relationships. I highly recommend *Helping Men Recover* for the opportunity it provides participants to learn about themselves in a transformative way that I haven't seen other curriculums do.

—Stacie Lucius, MS, LCMHC, MLADC, chief of clinical services, WestBridge

Helping Men Recover is a core component for the Foundry Treatment Center Steamboat treatment process. We have seen the incredible growth of men who start the program handcuffed to a view of masculinity that promotes active addiction and then leave treatment with a completely different set of rules that allows them to embrace recovery. It should be part of any addiction treatment program for men who have also struggled with trauma, family of origin issues, and toxic masculinity!

—Michael Barnes, PhD, MAC, LPC, chief clinical officer, Foundry Treatment Center

RESPONSES TO THE
HELPING MEN RECOVER
FEEDBACK FORM

"A great educational program that inspired me to seek more education."

"It is an amazing program!"

"Have learned to be aware of what can be a trigger for a relapse and the root causes for my addiction."

"It also helps me understand that it is never too late to learn and do things better. Can't change my past but I can make better choices and decisions."

"It made me think about my parents in ways that I haven't done for years."

"It helped me talking about the *real* issues in my life!"

"It was something I had never had to deal with! Now I have nothing to hide and am more comfortable talking about my feelings!"

"I have learned about myself and how to help others."

"Without this program I would have been lost out there."

"It helped me become a man I can be proud of."

"I've learned that I can do anything I put my mind to so long as I do not use."

"It changed my whole way of thinking and also helped me realize the good characteristics I have."

"It was a way of digging deep inside of the man I am becoming and letting me see who I really am."

"It helped me to identify some behaviors about myself with tools to use to change me for the better and enhance the positives that already exist."

"A chance to learn who I really am and to experience that journey with others who are just like me."

"That being addicted is about so much more than just that I like to get high. Now I know that I can address the real problems."

"I learned a lot about how I was hurting myself and others around me."

"It gave me a better perspective and the understanding that it is not as bad as my mind would make it."

"I learned that as a man it is okay to ask for help."

"It helped me realize that I am not alone in my experiences and everything that I struggle with."

"This program is a great eye opener for me and it has helped me to be a better man."

Helping Men Recover

Other Publications by Stephanie S. Covington

Awakening Your Sexuality: A Guide for Recovering Women

Becoming Trauma Informed: A Training Program for Staff Development (facilitator guide, participant booklet, and PowerPoint slide deck)

Beyond Anger and Violence: A Program for Women (facilitator guide, participant workbook, and DVD)

Beyond Trauma: A Healing Journey for Women (facilitator guide, participant workbook, and DVDs)

Beyond Violence: A Prevention Program for Criminal Justice–Involved Women (facilitator guide, participant workbook, and DVD)

Exploring Trauma+: A Brief Intervention for Men and Gender-Diverse People, with Shane Pugh and Roberto A. Rodriguez (flash drive with facilitator guide and participant workbooks)

Healing Trauma+: A Brief Intervention for Women and Gender-Diverse People, with Eileen Russo (flash drive with facilitator guide and participant workbooks)

Helping Men Recover: A Program for Treating Addiction (community version), with Dan Griffin and Rick Dauer (facilitator guide and *A Man's Workbook*)

Helping Women Recover: A Program for Treating Addiction (facilitator guide and *A Woman's Journal*)

Helping Women Recover: A Program for Treating Addiction, special edition for use in the criminal justice system (facilitator guide and *A Woman's Journal*)

Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy, with Liana Beckett

Moving from Trauma Informed to Trauma Responsive: A Training Program for Organizational Change, with Sandra Bloom (facilitator guide, handouts, and DVD)

Voices: A Program of Self-Discovery and Empowerment for Girls, with Kimberley Covington and Madeline Covington (facilitator guide and *Interactive Journal*)

A Woman's Way through the Twelve Steps

A Woman's Way through the Twelve Steps: Program DVD

A Woman's Way through the Twelve Steps Facilitator Guide

A Woman's Way through the Twelve Steps Workbook

Women and Addiction: A Gender-Responsive Approach (manual, DVD, and CE test)

Women in Recovery: Understanding Addiction

A Young Man's Guide to Self-Mastery, with Roberto Rodriguez (facilitator guide and workbook)

Spanish Books

La mujer y su práctica de los Doce Pasos (A Woman's Way through the Twelve Steps)

La mujer y su práctica de los Doce Pasos: Libro de ejercicios (A Woman's Way through the Twelve Steps Workbook)

Mujeres en recuperación: Entendiendo la adicción (Women in Recovery: Understanding Addiction)

Voces: Un programa de autodescubrimiento y empoderamiento para chicas guía del facilitador (Voices: A Program of Self-Discovery and Empowerment for Girls facilitator guide)

Voces: Un programa de autodescubrimiento y empoderamiento para chicas diario (Voices: A Program of Self-Discovery and Empowerment for Girls journal)

Other Publications by Dan Griffin

A Man's Way Through the Twelve Steps

A Man's Way through Relationships: Learning to Love and Be Loved

Amazing Dads!

Amazing Dads! (curriculum), with Harrison Crawford

Healing Men's Pain, with Jonathan DeCarlo

Second Edition

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Special Edition for Use in the Criminal Justice System

Stephanie S. Covington, Dan Griffin,
and Rick Dauer

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