

WORKBOOK

HELPING MEN RECOVER

A PROGRAM FOR TREATING ADDICTION

SECOND EDITION

STEPHANIE S. COVINGTON | DAN GRIFFIN | RICK DAUER

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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 (criminal justice 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

HELPING MEN RECOVER

A Man's Workbook

A PROGRAM FOR TREATING ADDICTION

Stephanie S. Covington, Dan Griffin, and Rick Dauer

 JOSSEY-BASS™
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ABOUT THE AUTHORS

Stephanie S. Covington, PhD, LCSW, is an internationally recognized clinician, organizational consultant, and lecturer. For more than thirty years, her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for criminal justice settings, and being the featured therapist on the Oprah Winfrey Network TV show *Breaking Down the Bars*. She also has served as a consultant to the United Nations Office on Drugs and Crime in Vienna and was selected for the U.S. Advisory Committee for Women's Services. Educated at Columbia University and the Union Institute, Dr. Covington has conducted seminars for behavioral health professionals, community organizations, criminal justice professionals, and recovery groups in the United States, Canada, Mexico, Europe, Africa, Iceland, Brazil, the United Kingdom, and New Zealand. She has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She also has published extensively, including ten gender-responsive, trauma-informed treatment curricula. Dr. Covington is based in La Jolla, California, where she is co-director of the Institute for Relational Development and the Center for Gender and Justice.

Dan Griffin, MA, has worked in the addictions and mental health fields for more than twenty-five years, in research, case management, public advocacy, teaching, counseling, and drug courts. He is the author of *A Man's Way through the Twelve Steps* (2009), the first gender-responsive book for recovery for men; *A Man's Way through Relationships*

(2014), the first trauma-informed and gender-responsive book to help men navigate the challenges of relationships and male socialization; and *Amazing Dads* (2022), the first trauma-informed book and curriculum (with Harrison Crawford) for fathers. Dan's graduate work focused on the transformation of masculinity in the Twelve Step culture. He is an international speaker and consultant who lives in LA with his wife and daughter. He has been in recovery since 1994.

Rick Dauer, LADC, is a behavioral health consultant and trainer. He has been a professional in the field of addiction since 1984 and has experience in residential, outpatient, and corrections-based treatment programs, including over twenty-five years as a clinical director. He has served on numerous state and national boards, panels, and task forces dedicated to improving access to high-quality substance use disorder services. He has long been an advocate for and practitioner of gender-responsive and trauma-informed care and he supervised the first pilot programs for both the *Helping Women Recover* and *Helping Men Recover* curricula. Rick lives in Saint Paul, Minnesota, and has been in recovery for over forty years.

INTRODUCTION TO *HELPING MEN RECOVER*

About This Program

Helping Men Recover addresses issues that many men struggle with, especially if they are experiencing problems with alcohol or other drugs. In most cases, you will be using this workbook as part of a program in which you meet regularly with a group of other recovering individuals. You will attend twenty-one sessions with them; together, you will develop new skills and new ways of thinking about yourselves. Your group will be led by a facilitator who has experience with addiction services and the process of recovery. He will offer you insights about the thoughts and feelings that you may experience as you do the work suggested in the sessions and in this workbook.

Although this workbook is designed for use in the *Helping Men Recover* program, you may use it by yourself or perhaps with the help of an addictions counselor or other helping professional. There are guidelines included for doing this.

The program is organized into four sections, or modules: Self, Relationships, Sexuality, and Spirituality. These are four areas that men consistently identify as the triggers for relapse and the areas of greatest change in their recoveries. Each person's process of recovery is unique, but most of us find that it involves discovering our true selves, connecting in healthy relationships with others, understanding our sexuality, and gaining some spiritual connection.

Within the four modules, specific topics are covered, including

- Self-awareness and identity
- How men are socialized in our society
- The impact of the family of origin
- Grounding and relaxation techniques
- Communication
- Power, violence, and abuse
- Relationships
- Trauma and addiction
- Sexual identity
- Healthy sexuality
- What spirituality is

Awareness is the first step toward change. When you become aware of your addiction, you can decide to begin a process of recovery. When you become more aware of yourself and your relationships, you can make changes in your life. So the journey is about discovery as well as recovery. As you begin to think, feel, and act differently, you begin to heal and to connect with and value all parts of yourself—inner as well as outer.

Program Goals

The goals of the *Helping Men Recover* program are

- To provide a safe place to reflect and learn more about yourself
- To learn about men, addiction, and trauma

- To develop the skills necessary for developing healthy and growth-fostering relationships
- To learn skills for maintaining recovery
- To identify the life you want to live

This Revised Edition

Helping Men Recover originally was designed as a gender-based, trauma-informed treatment program for men with substance-use disorders. Over the years, our understanding of gender has shifted from the binary male-female model to a more inclusive and expansive model. We now know that sexual identity and gender identity can be more fluid; each exists across a continuum. Therefore, one of the revisions to this program is to make it suitable for men, trans men, and nonbinary people who have a masculine experience of the world. Other revisions include the updating of research, theories, practices, and contents of the sessions.

INTRODUCTION TO A *MAN'S* *WORKBOOK*

This workbook is a tool to help you with your growth and recovery. You will be using it alone or as part of a *Helping Men Recover* program. It is a place to record your experiences, thoughts, feelings, and what you learn during the group sessions and for activities that you will be doing on your own between the sessions. This workbook contains

- A brief summary of the material covered during each session
- Questions that may be used during the subgroup discussions
- Space in which to complete activities during the group sessions
- Copies of charts and illustrations discussed in the group sessions
- Additional information, references, and resources related to the topics of the sessions
- Questions and activities to encourage further reflection outside the group
- Specific assignments to be completed by the next session
- Space to reflect on how the session material relates to your recovery

The activities that are to be completed between the group sessions are designed to help you to reflect on what you have learned, to practice some new skills and behaviors, and to consider the benefits of what you are practicing.

Some of them involve writing or drawing, but your skills in these areas are not being tested. You do not need to worry about your handwriting or spelling. There are no right or wrong answers, and your work will not be checked or graded. Your workbook is for your use only. No one will judge what you say. No one else will read any of it without your permission. What matters is what you put into the activities and, consequently, what you get out of them.

If there is any writing to be done, there are spaces provided for that. If you have a hard time writing what you want to say, it's okay to draw pictures or use abbreviations instead. It's also okay to work on these activities with another group member and to help each other. Asking for help can be tough for some people. Your recovery will depend, in part, on your willingness to ask for help, so this would be a good place to begin.

When you begin to use this workbook after a group session or on your own, take a minute or two to unwind, relax, and focus on where you are now. Just get settled in the way that feels best for you. Allow yourself to notice how you're breathing and then inhale gently and exhale fully. Repeat the breathing exercise two more times.

You may be concerned about keeping your workbook private. If you live with others and are not sure that they will respect your privacy, you should hide your workbook or lock it up. Or you can ask the facilitator or another counselor to help you find ways to keep your workbook safe between group sessions. The facilitator(s) are prepared for such requests. If the facilitator will be holding your workbook between the sessions, he will respect your privacy and will arrange for you to complete the extra activities after each session or at some other time.

It is important that you bring your workbooks to each group session, so please try to remember that each time.

Opening Session: Introduction to the Program

Your facilitator's name is. _____

Your co-facilitator's name (if there is one) is. _____

Your group will meet. _____

Becoming Grounded

Being “grounded” means being able to remain present in the “here and now,” even when experiencing powerful feelings. This session contains a couple of simple techniques that you can use by yourself when you are feeling uncomfortable or anxious or stressed. It is common and normal to occasionally feel uncomfortable, particularly when in a new group or when doing something unfamiliar.

Turn your attention inward and check out what is going on in your body. You may close your eyes or just lower your eyelids or focus by staring at something. Turn your attention to what you notice about yourself. Just curiously notice what you are feeling in your emotions and your body. Notice any areas of pain or tension or other sensations. Make any adjustments you need to help yourself feel more comfortable. See if anything changes as a result of your paying kind attention to it. You might notice your breath. Just allow yourself to explore your “felt” self for a bit.

This is a settling and grounding activity. It helps you to be a bit more comfortable with where you are and what is going on inside you. For people who have struggled with

addiction and for those who have experienced trauma, this is a very important skill to learn.

Group Introductions

This group is a place for you to present yourself as you really are and to explore who you hope to become. It is a place to be your genuine self while supporting others who are doing the same thing. This program is created for men, trans men, and nonbinary people who have a masculine experience of the world. So, in order to be as inclusive as possible, we invite you to share your pronouns when you introduce yourselves.

If you are using this workbook on your own, read the questions and think about how you would introduce yourself to others.

1. My name:

2. When and where I was born:

3. How I identify myself (including culture, ethnicity, race, and pronouns):

4. The people in my family (can include a wife/husband or live-in partner, children, mother, father, brothers, sisters, or whomever you consider your immediate family):

-
-
5. One thing I like about myself or a special gift that I have:
-
-

Goals of This Session

The goals of this session are

- To learn about the goals and structure of the program
- To begin to get to know one another and develop trust
- To create a list of group agreements
- To learn about men, addiction, and trauma
- To learn some relaxation and grounding activities

Typical Session Contents

- Each session will begin with a time to settle in and prepare to do what you need to do during the group session. Group members will then check in with one another.
- Next, your group will discuss the Between-Sessions Activities from the previous session and talk briefly about the goals of the current session.
- In each session, there will be information presented on specific topics, followed by activities and discussions based on the information. There will be questions to help guide the group discussions.

- In each module, you will practice some relaxation and grounding activities.
- Because some of the content in these sessions may be difficult for you to think about and talk about, the facilitator will strive to make the group a safe and supportive place where you can experience your feelings and learn from them and also practice supporting the other members of the group. These techniques also may help you as you go through the process of learning to cope without using alcohol and other drugs.
- Toward the end of each session, you will hear about new Between-Sessions Activities that will provide the opportunity to put into practice the new concepts and skills you are learning.
- There also is a grounding activity at the end of each session.
- At the beginning and end of each module, there is a Recovery Scale. The purpose of this scale is for you to evaluate your own progress as you move through the program. No one else will see this.

Program Sessions

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[Session 5. Men, Inside and Out](#)

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Module B: Relationships

Session 7. Family of Origin

Session 8. Barriers to Healthy Relationships

Session 9. Fathers

Session 10. Mothers

Session 11. Creating Healthy Relationships and Support Systems

Session 12. Effective Communication

Session 13. Creating and Maintaining Intimacy

Module C: Sexuality

Session 14. Sexuality and Addiction

Session 15. Sexual Identity

Session 16. Barriers to Sexual Health

Session 17. Healthy Sexuality

Module D: Spirituality

Session 18. What Is Spirituality?

Session 19. Power and Privilege

Session 20. Building Resilience

Session 21. Creating a Vision

Examples of Group Agreements

If you are using this workbook individually, you may want to have some agreements with yourself (amount of time each day or week, etc.) while working through this program (see [pages 6](#) and [7](#)).