

# The Addiction-Trauma Connection: Spirals of Recovery and Healing

Training provided by:

Twyla Wilson, LCSW  
112 Swift Avenue  
Durham, NC 27705  
Phone: 919-801-9087  
twyla.lcsw@gmail.com

Curriculum written by:

Stephanie S. Covington, Ph.D., L.C.S.W.  
Center for Gender and Justice  
Institute for Relational Development  
La Jolla, CA  
[www.stephaniecovington.com](http://www.stephaniecovington.com)  
[www.centerforgenderandjustice.org](http://www.centerforgenderandjustice.org)

DBHDD BH SYMPOSIUM

Lake Lanier, Georgia  
October 8-9 2015

# The Addiction-Trauma Connection: Spirals of Recovery and Healing

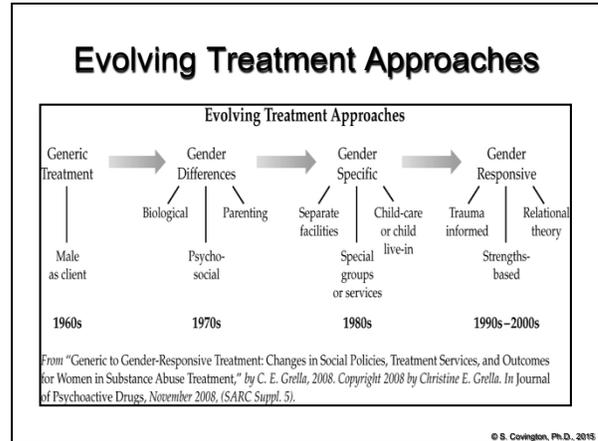
**The Addiction-Trauma Connection:  
Spirals of Recovery and Healing**

**Presented by: Twyla P. Wilson, LCSW, ACSW  
Durham, NC**

**Written by: Stephanie S. Covington, Ph.D., L.C.S.W.**  
Center for Gender and Justice  
Institute for Relational Development  
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### History of Services

- Addiction treatment services designed for men by men
- Mental health services designed by men for women
- Criminal justice services designed by men for men

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### Gender-Responsive Treatment

- Creating an environment through:
  - site selection
  - staff selection
  - program development
  - content and material
- that reflects an understanding of the realities of the lives of women and girls (*men and boys*), and
- addresses and responds to their strengths and challenges.

Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leader (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

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### Women's Issues: An International Perspective

- **Shame and Stigma**
- **Physical and Sexual Abuse**
- **Relationship Issues**
  - fear of losing children
  - fear of losing a partner
  - needing partner's permission to obtain treatment

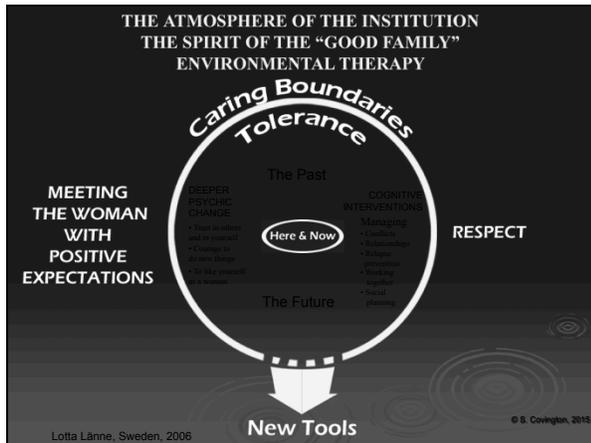
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### Women's Issues: An International Perspective

- **Treatment Issues**
  - lack of services for women
  - not understanding treatment
  - long waiting lists
  - lack of childcare services
- **Systemic Issues**
  - lack of financial resources
  - lack of clean/sober housing
  - poorly coordinated services

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing



## Environmental Therapy

### Deeper Psychic Change

- Trust in others
- Courage to do new things
- To like yourself as a woman

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## Environmental Therapy (cont.)

### Cognitive Interventions

#### Managing

- Conflicts
- Relationships
- Relapse prevention
- Working together
- Social planning

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## Guiding Principles for Gender-Responsive Services

- Gender
- Environment
- Relationships
- Women's Services
- Economic & Social Status
- Community

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## Guiding Principles

- **Gender:** Acknowledge that gender makes a difference.
- **Environment:** Create an environment based on safety, respect, and dignity.

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## Guiding Principles (cont.)

- **Relationships:** Develop policies, practices, and programs that are relational and promote healthy connections to children, family, significant others, and the community.
- **Services:** Address substance abuse, trauma, and mental health issues through comprehensive, integrated, and culturally relevant services.

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## Guiding Principles (cont.)

- **Socioeconomic status:** Provide women with opportunities to improve their socioeconomic conditions.
- **Community:** Establish a system of comprehensive and collaborative community services.

(Bloom, Owen, Covington 2003)

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## Women's Integrated Treatment (WIT)

**This model is holistic, integrated and based on:**

- The gender-responsive definition and guiding principles
- A theoretical foundation
- Interventions/strategies that are multi-dimensional

(Covington, 2007)

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## Theoretical Foundation

substance abuse (and any other relevant treatment services) that create the framework of thought for program development. This is the knowledge base that creates the foundation upon which the program is developed.

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## Treatment Strategies

The approaches used in the program that create the therapeutic process. These are the ways in which theory is operationalized (how theory is applied).

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## Process of Addiction

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## Addiction: A Holistic Health Model

- Physiological
- Emotional
- Social
- Spiritual
- Environmental
- Political

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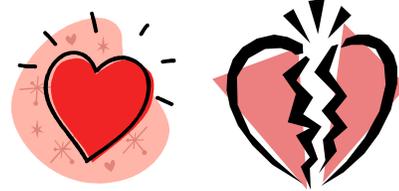
# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## ADDICTION AS A NEGLECT OF SELF

- A chronic neglect of self in favor of someone or something else
- Codependency – having one's life revolve around another person's addiction or desires

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## Addiction as a Relationship

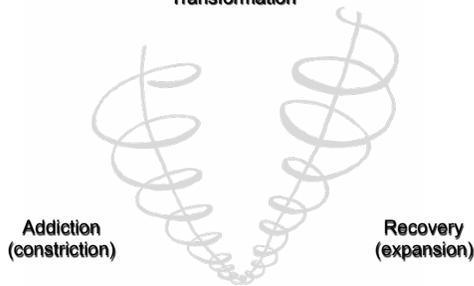


Love → Love-Hate

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## Upward Spiral

Transformation



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Addiction:  
A pediatric-acquired disease

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## Adolescence & Alcohol

- Start drinking before age 14  
47% alcohol dependent
- Start drinking after age 21  
9% alcohol dependent

(n=43,000)

(Source: Archives of Pediatrics & Adolescent Medicine, July 2006)

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## Definition of Recovery

The definition of *recovery* has shifted from a focus on what is deleted from one's life (alcohol and other drugs, arrests for criminal acts, hospitalizations) to what is added to one's life (the achievement of health and happiness).

(Miller & Kurtz, 2005)

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## Women in Recovery: Understanding Addiction

Alcohol and other Drug Education

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*Drug use... ..and pregnancy*

**Health Risks Associated with Drug Abuse**

Mother	Baby
poor nutrition	prematurity
high blood pressure	low birth weight
rapid heart beat	infections
low weight gain	Sudden Infant Death Syndrome
low milk output	birth defects
sexually transmitted diseases	stunted growth
early delivery	poor motor skills
HIV/AIDS	HIV/AIDS
depression	learning disabilities
physical/sexual abuse	neurological problems

How do you assess if the health risks alcohol and other drugs pose to a pregnant woman and her baby? (1-2 or 3)

Describe how you believe you or someone you know has put themselves or their child at risk by using alcohol and other drugs while pregnant.

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List three people who will support your efforts to maintain a drug-free lifestyle. Describe how they can help.

Name: \_\_\_\_\_

How he/she can help: \_\_\_\_\_

---

Name: \_\_\_\_\_

How he/she can help: \_\_\_\_\_

---

Name: \_\_\_\_\_

How he/she can help: \_\_\_\_\_

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## Women's Psychological Development

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### THE RELATIONAL MODEL OF WOMEN'S PSYCHOLOGICAL DEVELOPMENT

- Developed by theorists at The Stone Center (Miller, Jordan, Surrey)
- Women's primary motivation throughout life is the establishment of a strong sense of connection with others
- Separation and individuation are not seen as the primary goals of women's psychological development
- Females develop their sense of self and self-worth when their actions arise out of connections with others
- Mutuality, respect and empathy are fundamental aspects of healthy, growth producing relationships
- Mutual empowerment: power with, not power over

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### Relationships with Others

- Women are the "carriers" of relationship in this society
- Repeated disconnections have significant psychological consequences
- They are much more likely to be motivated by relational concerns than men
- Women cite relational pain, attempts to be connected as reasons for AOD use
- Women alter themselves to fit the relationships available to them

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## Relational-Cultural Theory

- Connection and development
- Disconnection
- Sociocultural disconnection
- Privilege and domination

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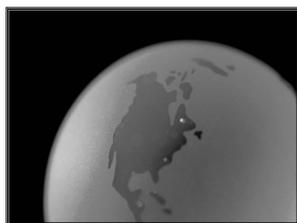
## Relational-Cultural Theory

Some women use drugs:

- To maintain a relationship
- To fill in the void of what's missing in a relationship
- To self-medicate the pain of abuse in relationships

(Covington & Surrey, 1997)

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## Crisis=Danger & Opportunity



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## Levels of Violence

- Childhood
- Adolescence
- Adult
- Street (workplace and community)
- Consumer Culture
- Media
- War
- Planet

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## Statistics

**The following statistics illustrate how pervasive interpersonal violence is in the lives of women and girls.**

- A woman is battered every 15-18 seconds (United Nations Commission on the Status of Women, 2000).
- Approximately 1.5 million women are raped or physically assaulted by an intimate partner each year in the US. Women under 24 years of age suffer the highest rates of rape (NOW, 2010).
- There is one sexual assault every about every two minutes. (FBI CIUS, 2008).

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## Statistics

- 1 in 6 women will be sexually assaulted in her lifetime, with college age women 4 times more likely to be sexually assaulted (RAINN, 2007).
- More than half of rapes occur before age 18 and 22% occur before age 12 (CDC, 2009b).
- 1 in 5 girls and 1 in 10 boys are sexually victimized before adulthood (Nat'l Center for Missing and Exploited Children, 2008).
- In homes where DV occurs, children are seriously abused or neglected at a rate that is 1,500% higher than the national average for the general population (Children's Defense Fund Ohio, 2009).

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## Statistics

- Children from violent homes have a higher tendency to commit suicide, abuse drugs and/or alcohol, and commit violence against their own partners and children (Whitfield, Anda, Dube, and Felitti, 2003).
- More than 30 million children in the U.S. live in low-income families, and 14 million children live in poverty (Wight, Chau, and Aratani, 2010).
- Children born into poverty risk exposure to violence that is so high they are guaranteed to be affected by trauma (Women's Law Project, 2002).

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## Statistics

- If a victim of domestic violence, a woman is 80% more likely to have a stroke, 70% more likely to drink heavily or to have a heart attack, 60% more likely to have asthma (FVPF, 2009d).
- While relationship violence happens to women of every race and ethnic background, African-American women are physically assaulted at a rate that is 35% higher than Caucasian women, and about 2-1/2 times the rate of women of other races. (National Coalition Against Domestic Violence, 2000).

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*Although the world is full of suffering,  
it is also full of the overcoming of it.*

-Helen Keller

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## Violence Against Women

Violence against women is so pervasive that the United Nations has addressed and defined violence against women as "any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life."

(United Nations General Assembly, 1993).

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## Moral Challenges

- 19<sup>th</sup> century – slavery
- 20<sup>th</sup> century – totalitarianism
- 21<sup>st</sup> century – brutality against women and girls

(NY Times 9/23/09)

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## Definition of Trauma

The diagnostic manual used by mental health providers defines trauma as:

- a) exposure to actual or threatened death, serious injury or sexual violation.

(American Psychiatric Assoc. [APA] DSM-5)

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## Definition of Trauma (cont.)

•The exposure must result from one or more of the following scenarios in which the individual:

- directly experiences the traumatic event;
- witnesses the traumatic event in person;
- learns that the traumatic event occurred to a close family member or close friend;
- experiences first-hand repeated or extreme exposure to aversive details of the traumatic event (not through media, pictures, television or movies unless work-related) (American Psychiatric Assoc. [APA] DSM-5)

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## Definition of Trauma (cont.)

•The disturbance, regardless of its trigger, causes significant distress or impairment in the individual's social interactions, capacity to work, or other important areas of functioning.

*(It is not the physiological result of another medical condition, medication, drugs or alcohol.)*

(American Psychiatric Assoc. [APA] DSM-5)

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## Definition of Trauma

Trauma occurs when an external threat overwhelms a person's internal and external positive coping resources.

Source: Van der Kolk, B. (1989).

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## Two Kinds of Suffering

- 
- Created

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## Traumatic Events

Trauma can take many forms:

- Emotional, sexual or physical abuse
- Neglect
- Abandonment (especially for small children)
- Extremely painful and frightening medical procedures

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## Traumatic Events (cont.)

- Catastrophic injuries and illnesses
- Rape or assault
- Muggings
- Domestic violence
- Burglary
- Automobile accidents

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## Traumatic Events (cont.)

- Immigration
- Natural disasters (hurricanes, floods, earthquakes, tornadoes, fires, volcanoes)
- Terrorism such as September 11, 2001
- Witnessing violence such as a parent harming another parent

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## Traumatic Events (cont.)

- Loss of a loved one and severe bereavements (even of a pet)
- Combat/war
- Torture
- Victim of trafficking
- Kidnapping
- Intergenerational (cultural) trauma

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## Historical Trauma

- Across generations
- Massive group trauma
- Examples include: Native Americans, African Americans, Holocaust survivors, Japanese internment survivors, Aboriginal (First Nation)

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## Trauma and Abuse

### Stigmatization

Women and girls in criminal justice system  
Women and girls of color  
Women and girls in poverty  
Lesbian, gay, bisexual, transgendered  
Women and girls with mental illness

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## Traumatic Events Intimate Partner Violence

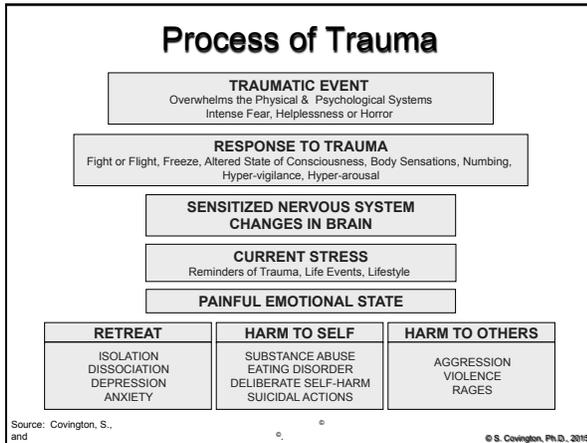
Of all these forms of trauma,  
women are at greater risk of intimate  
partner violence than men.

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- ## Gender and Abuse
- As children, boys and girls suffer similar rates of abuse
    - Girls - sexually abused
    - Boys - emotional neglect or physical abuse.
  - In adolescence, boys are at greater risk if they are gay, young men of color, or gang members.
    - Young men - people who dislike or hate them.
    - Young women – relationships; from the person to whom she is saying, “I love you.”
  - Adulthood
    - Man - combat or being a victim of crime
    - Woman – relationship; the person “I love you.”
- © S. Covington, Ph.D., 2015



- ## Post-Traumatic Stress Disorder
- Re-experiencing the event through flashbacks and nightmares.
  - Avoidance of stimuli associated with the event (for example, if a woman was raped in a park, she may avoid parks, or if she was assaulted by a blonde man, she may avoid men with blonde hair).
- © S. Covington, Ph.D., 2015

- ## Post-Traumatic Stress Disorder (cont.)
- Estrangement (the inability to be emotionally close to anyone)
  - Numbing of general responsiveness (feeling nothing most of the time)
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- ## Post-Traumatic Stress Disorder (cont.)
- Hyper-vigilance (constantly scanning one's environment for danger, whether physical or emotional)
  - Exaggerated startle response (a tendency to jump at loud noises or unexpected touch) (DSM – IV)
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## Trauma-informed Services

- Take the trauma into account.
- Avoid triggering trauma reactions.
- Adjust organization so that trauma survivors can access and benefit from services.

(Harris & Fallot)

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## Core Values of Trauma-Informed Care

- Safety (physical and emotional)
- Trustworthiness
- Choice
- Collaboration
- Empowerment

(Fallot & Harris, 2006)

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## Becoming Trauma Informed Creates a Culture Shift

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## A Culture Shift: Core Values of a Trauma-Informed System of Care

- Safety: Ensuring physical and emotional safety
- Trustworthiness: Maximizing trustworthiness, making tasks clear, and maintaining appropriate boundaries
- Choice: Prioritizing consumer choice and control

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## A Culture Shift: Core Values of a Trauma-Informed System of Care (cont.)

- Collaboration: Maximizing collaboration and sharing of power with consumers
- Empowerment: Prioritizing consumer empowerment and skill-building

Source: Roger Fallot, Ph.D.

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## A Culture Shift: Scope of Change in a Distressed System

- Involves all aspects of program activities, setting, relationships, and atmosphere (more than implementing new services)
- Involves all groups: administrators, supervisors, direct service staff, support staff, and consumers (more than service providers)

Source: Roger Fallot, Ph.D.

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### A Culture Shift: Scope of Change in a Distressed System (cont.)

- Involves making trauma-informed change into a new routine, a new way of thinking and acting (more than new information)

Source: Roger Fallot, Ph.D.

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### A Culture Shift: Changes in Understanding and Practice

- Thinking differently as a prelude to acting differently
- Thinking differently initiates and sustains changes in practice and setting
- Acting differently reinforces and clarifies changes in understanding

Source: Roger Fallot, Ph.D.

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### The Adverse Childhood Experiences (ACE) Study

- Collaboration between
  - Centers for Disease Control and Prevention (CDC)
  - Kaiser Permanente HMO in California
- Largest study ever
- 17,000 adult members participated

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### ACE Study (Adverse Childhood Experiences)

#### Before age 18:

- Recurrent and severe emotional abuse
- Recurrent and severe physical abuse
- Contact sexual abuse
- Physical neglect
- Emotional neglect

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### ACE Study (Adverse Childhood Experiences)

#### Growing up in a household with:

- An alcoholic or drug-user
- A member being imprisoned
- A mentally ill, chronically depressed, or institutionalized member
- The mother being treated violently
- Both biological parents *not* being present

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### ACE Study (Adverse Childhood Experiences)

#### Results:

ACEs still have a profound effect 50 years later, although now transformed from psychosocial experience into organic disease, social malfunction, and mental illness.

- Smoking
- Alcoholism
- Injection of illegal drugs
- Obesity

(Felitti, V.J.: Origins of Addictive Behavior: Evidence from the ACE Study, 2003 Oct;52(8): 547-59. German. PMID: 14619682 (PubMed-indexed for MEDLINE).

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## Higher ACE Score Chronic Health Conditions

- Heart disease
- Autoimmune diseases
- Lung cancer
- Pulmonary disease
- Liver disease
- Skeletal fractures
- Sexually transmitted infections
- HIV/AIDS
- Addiction

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## ACE Study (cont.)

- Men 16% Sexual Abuse
- Men 30% Physical Abuse
- Women 27% Sexual Abuse

(Felitti and Anda, 2010)

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## ACE Study (cont.)

### Population Studied:

- 80% white
- 74% college (36% some)
- 18% high school grads

(Felitti & Anda, 2010)

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## ACE Study (cont.)

Women are 50% more likely than men  
to have a score of 5 or more.

(Felitti & Anda, 2010)

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## ACE Study (cont.)

If a male child has 6 or more “yes” answers,  
his risk of becoming an IV drug user  
increases by 4,600% compared to a boy  
with a score of zero.

(Felitti & Anda, 2010)

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## ACE Study (cont.)

One-third of the group  
had a score of 0.

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## Adverse Childhood Experiences Five-State Study 2010

- Collaboration between CDC and state health departments of AR, LA, NM, TN and WA.
- 26,229 adults were surveyed

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## ACE Scores and Impact

### underlying factors for:

- Chronic depression
- Suicide attempts
- Serious and persistent mental health challenges
- Addictions
- Victimization of rape and domestic violence

Source: Ann Jennings, Ph.D.

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## Adverse Childhood Experiences ([www.ACEStooHigh.com](http://www.ACEStooHigh.com)) ([www.cdc.gov/ace](http://www.cdc.gov/ace))



R. Fallet, Ph.D.

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## ACE Study (cont.)

“I see that you have...  
Tell me how that has affected you  
later in your life.”

(Felitti & Anda, 2010)

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## Women in Prison Largest Effect-Mental Health

- Psychotropic medication
- Mental health treatment
- Attempted suicide
- Traumatic stress

(Messina & Grella, 2005)

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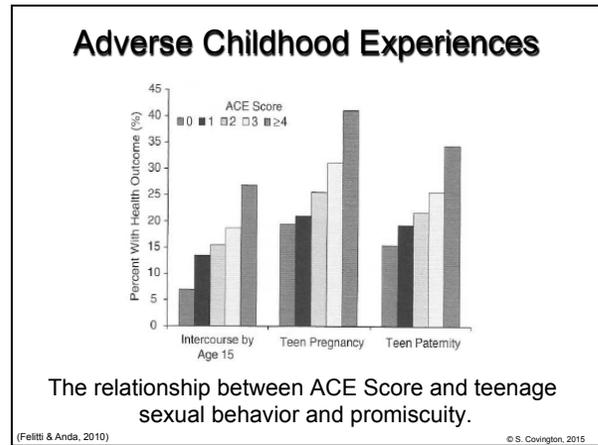
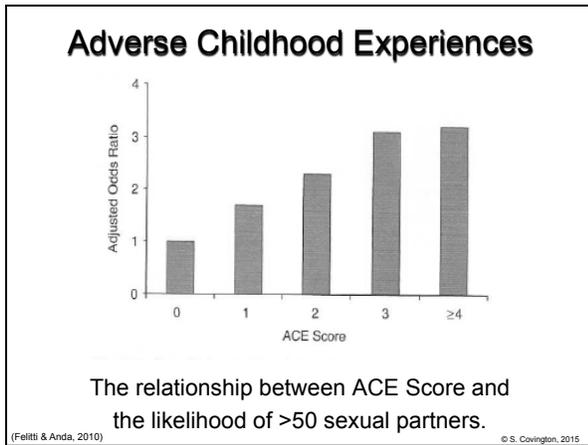
## Women in Prison (cont.) Largest Effect-Mental Health

- 980% increase in odds if exposed to 7 CTE's

(Messina & Grella, 2005)

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### ACE Study Walla Walla, WA [www.ACESTooHigh.com](http://www.ACESTooHigh.com)

- Wow. Are you okay?
- What's going on?
- 1 – 10 with anger

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### Washington High School (cont.)

**2009 – 2010 (Before new approach)**

- 798 suspensions
- 50 expulsions
- 600 written referrals

**2010 – 2011 (After new approach)**

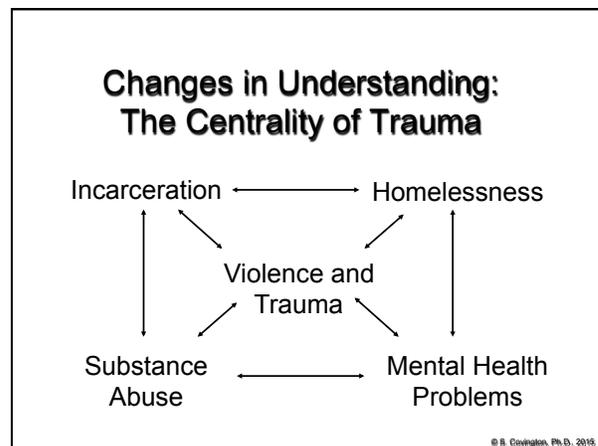
- 135 suspensions
- 30 expulsions
- 320 written referrals

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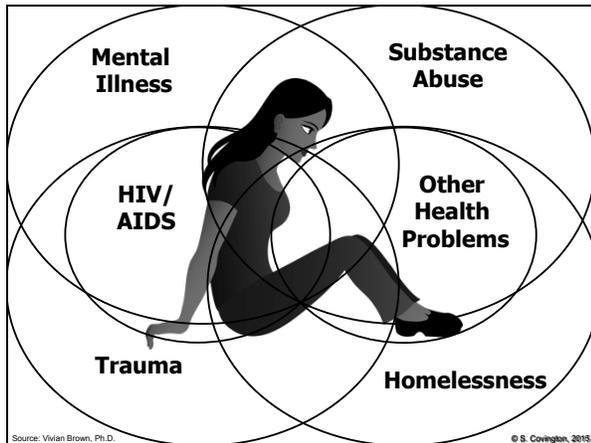
### Critical and Interrelated Issues

- Substance Abuse
- Mental Health
- Trauma
- Physical Health
- Crime

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## Level of Burden

“Burden” defined as the total number of problem conditions:

- Use of alcohol and/or other drugs
- Homeless
- Co-occurring mental health problem
- Significant health disorder
- HIV/AIDS
- Cognitive impairment
- History of childhood or adult abuse

Source: Vivian Brown, Ph.D.

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## Key Elements (Staff and Clients)

- Learn what trauma/abuse is
- Understand typical responses
- Develop coping skills

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## Secondary Traumatic Stress (STS)

### Compassion fatigue:

- No empathy – doesn’t happen
- Charles Figley “sudden”

### Burnout:

- Bloom – conflict of values

### Vicarious traumatization:

- Laurie Pearlman “slow”

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## *The Longest War is the One Against Women*

By Rebecca Solnit

<http://www.commondreams.org/view/2013/01/24-10>

Published on Thursday, January 24, 2013 by TomDispatch.com



Artists in San Francisco protesting violence against women.  
(Photo: Marta Franco/SFGate)

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## *The Longest War is the One Against Women (cont.)*

- Rape
- Mass murder
- Homicides

R. Solnit, 2013

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## ***The Longest War is the One Against Women (cont.)***

Homicide 1976-2005

- 88.8% men
- 11.2% women

Homicide (guns)

- 91.3% men
- 8.7% women

Homicide (multiple victims)

- 93.5% men
- 6.5% women

R. Solnit, 2013

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## ***The Longest War is the One Against Women (cont.)***

- Most perpetrators of violence are men
- Doesn't mean all men are violent
- Men also suffer violence, largely at the hands of other men

R. Solnit, 2013

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## ***The Longest War is the One Against Women (cont.)***

Pandemic of violence by men  
against women, both intimate and  
stranger violence

R. Solnit, 2013

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## ***America Has an Incest Problem (January 2013)***

Child sexual abuse impacts more  
Americans annually than cancer, AIDS, gun  
violence, LGBT inequality, and the  
mortgage crisis combined.

Fontaine, January 2013. "America Has an Incest Problem". *The Atlantic*.

© S. Covington, Ph.D., 2015

**"What I have concluded from decades  
of working with... every kind of violent  
criminal is that... the way to prove  
one's manhood... to gain respect... is  
to commit a violent act."**

- James Gilligan

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## **Prevalence of Trauma and PTSD in Substance Use/Abuse**

- 60% to 90% of a treatment-seeking sample of substance abusers also have a history of victimization
- More than 80% of women seeking treatment for a substance use disorder reported experiencing physical/sexual abuse during their lifetime

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## Prevalence of Trauma and PTSD in Substance Use/Abuse (cont.)

- Between 44% and 56% of women seeking treatment for a substance use disorder had a lifetime history of PTSD
- 10.3% of the men and 26.2% of the women with a lifetime diagnosis of alcohol dependence also had a history of PTSD

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## Histories of Trauma/Violence among Clients Treated for Methamphetamine

Persons in treatment for methamphetamine report high rates of trauma:

- 85% women
- 69% men

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## Histories of Trauma/Violence among Clients Treated for Methamphetamine

Most common source of trauma/violence:

- For women, was a partner (80%)
- For men, was a stranger (43%)

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## Histories of Trauma/Violence among Clients Treated for Methamphetamine

History of sexual abuse:

- 57% women
- 16% men

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## Prevalence of Trauma and PTSD in Severe Mental Illness

- 98% reported exposure to at least one traumatic event, lifetime
- 43% of sample received a current diagnosis of PTSD; only 2% had PTSD diagnosis in their charts
- Severely mentally ill patients who were exposed to traumatic events tended to have been multiply traumatized, with exposure to an average of 3.5 different types of trauma.

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## Disorders Related to Trauma and Substance Abuse in Women's Lives

- |                                   |       |
|-----------------------------------|-------|
| • Depressive Disorders NOS        | 22.9% |
| • Major Depressive Disorders      | 17.5% |
| • Post traumatic Stress Disorders | 16.3% |
| • Neurotic Anxiety Disorders      | 13.8% |
| • Bipolar Disorders               | 13.7% |
| • Mood or Dysthymic Disorders     | 5.3%  |
| • Psychotic Disorders             | 4.8%  |
| • Personality and Misc. Disorders | 5.8%  |

Source: Patterns of Comorbidity among Women with Childhood Interpersonal Trauma, Mental Health Disorders, and Substance Related Disorders. *Journal of Behavioral Health Services & Research* (in press)

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## ***America Has an Incest Problem*** (January 2013)

95% of teen prostitutes and  
at least 35% of female prisoners  
were abused as kids.

Fontaine, January 2013. "America Has an Incest Problem". *The Atlantic*. © S. Covington, Ph.D., 2015.

## ***America Has an Incest Problem*** (January 2013)

Sexually abused youth are:

- Twice as likely to be arrested for a violence offense as adults
- Twice the risk for lifelong mental health issues
- Twice as likely to attempt or commit teen suicide

Fontaine, January 2013. "America Has an Incest Problem". *The Atlantic*. © S. Covington, Ph.D., 2015.

## ***America Has an Incest Problem*** (January 2013)

Incest is the single biggest commonality  
between drug and alcohol addiction, mental  
illness, teenage and adult prostitution,  
criminal activity, and eating disorders.

Fontaine, January 2013. "America Has an Incest Problem". *The Atlantic*. © S. Covington, Ph.D., 2015.

## ***Helping Women Recover*** ***Helping Men Recover*** (two versions)

- Community
- Criminal Justice



## **Gender-responsive**

- Female socialization
- Male socialization

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## ***Helping Women Recover:*** ***A Program for Treating Addiction***

### **Theory of Addiction**

- Holistic health model
- Chronic neglect of self in favor of something or someone else

### **Theory of Women's Psychological Development**

- Relational-Cultural Theory

### **Theory of Trauma**

- Three Stage Model (Herman)
- Upward Spiral – A Transformational Model

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

**Helping Men Recover:  
A Program for Treating Addiction**  
(Covington, Griffin & Dauer)

**Theory of Addiction**

- Holistic health model
- Chronic neglect of self in favor of something or someone else

**Theory of Men's Psychological Development**

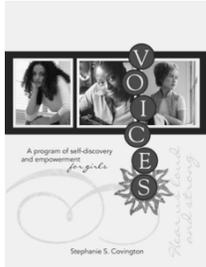
- Relational-Cultural Theory
- Kivel, Pollack, etc.

**Theory of Trauma**

- Three Stage Model (Herman)
- Upward Spiral – A Transformational Model

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**Voices:  
A Program of Self-Discovery and Empowerment for Girls**



© S. Covington, 2015

**Voices: A Program of Self-discovery and Empowerment for Girls**

**Theory of Girls' Psychological Development**

- Relational-Cultural Theory (Stone Center, Gilligan, Brown)

**Theory of Attachment**

- Ainsworth, Bowlby, Harlow, Stern

**Theory of Trauma**

- Three Stage Model (Herman)
- Transformational Spiral (Covington)

**Theory of Resilience**

- Biscoe, Wolin & Wolin

**Theory of Addiction**

- Holistic Health Model

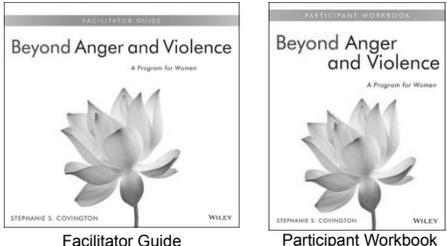
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**Gender-responsive Materials (trauma-informed)**

- *Women in Recovery*
- *A Woman's Way through The Twelve Steps*
- *Voices:*  
*for Girls*
- *Becoming Trauma Informed:*  
*A Training Curriculum for Correctional Professionals*

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**Beyond Anger and Violence:  
A Program for Women**



© S. Covington, 2015

**Gender-responsive Materials (trauma-informed)**

- *Beyond Violence:*  
*A Prevention Program for Criminal Justice-Involved Women (available July 2013)*
- *Beyond Anger and Violence:*  
*A Program for Women (available Dec 2013)*

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## Self-Help Books

- *Leaving the Enchanted Forest:*  
(relationships)
- *Awakening Your Sexuality:*  
(sexuality)
- *A Woman's Way through The Twelve Steps*  
(addiction and recovery, also available as app)

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## Trauma-specific Materials for Women

- Beyond Trauma (Stephanie Covington)
- Healing Trauma (Stephanie Covington)
- TREM (Maxine Harris)

## Trauma-specific Materials for Men

- Beyond Trauma for Men (Covington, et. al.)  
Release date 2016
- M-TREM (Roger Fallot)

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## Beyond Trauma: A Healing Journey for Women

11 sessions



Facilitator's Guide, Workbook and DVD

## Healing Trauma: Strategies for Abused Women

5 sessions



Printable Facilitator's Guide, and Workbook (Workbook in English & Spanish)

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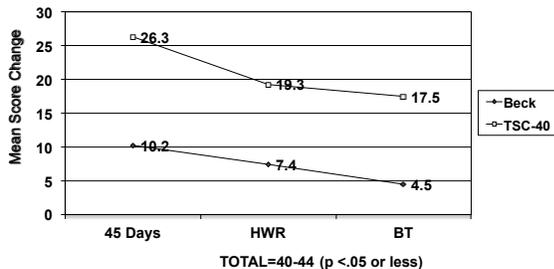
## Evidence-Based

- Researched in
  - Residential treatment
  - Women's prison
  - Drug court
- Listed on NREPP



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## Client Assessment Scores Improve after Completion of HWR and BT



Source: KIVA Program records – BDI & TSC Assessment, August 31, 2004 – October 13, 2006  
Keaton, Curtis, and Burke (2006) SANDAG

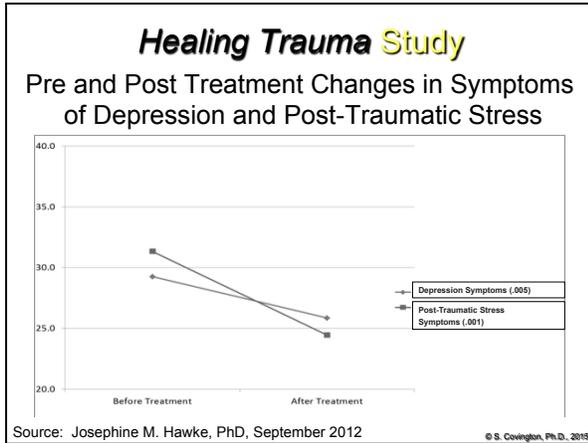
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## Drug Court Study (NIDA Funded)

- Four sites in San Diego County
- Randomized control group
- Results
  - Fewer sanctions
  - Longer in treatment
  - Reduced PTSD symptoms
  - Judge notices differences

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing



## Trauma

### Key Elements for Staff & Clients

- Learn what trauma/abuse is
- Understand typical responses
- Develop coping skills

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### Helping Women Recover

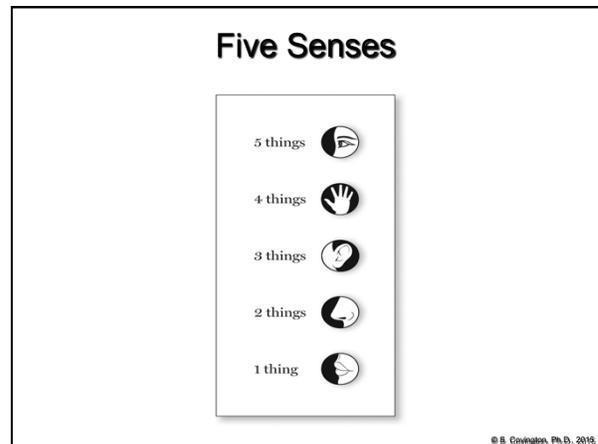
#### Module A: Self

- Session 1
- Session 2
- Session 3
- Session 4

(13 activities)

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- ### Group Agreements
- Attendance
  - Confidentiality
  - Safety
  - Participation
  - Honesty
  - Respect
  - Questions
  - Task
  - Punctuality
- © S. Covington, Ph.D., 2015



# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## Who Am I? (Possibilities Page)

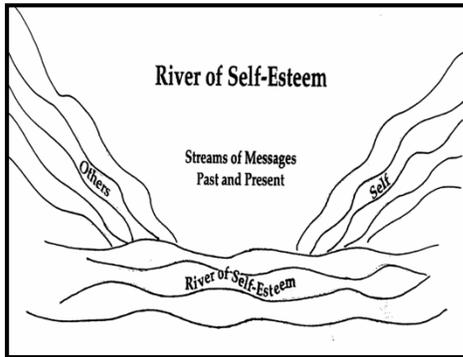
- Feelings
- Beliefs
- Personal qualities

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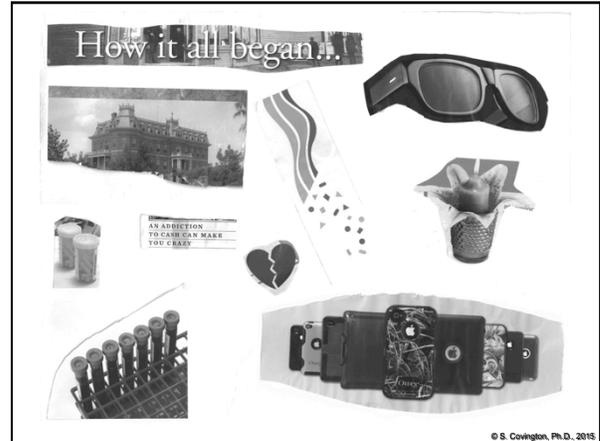
## Sense of Self

- People
- Events
- Experiences

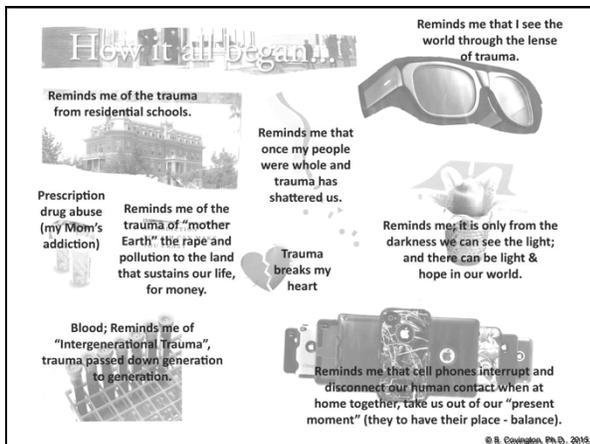
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## Power Chart

### Powerful Group

men  
adults  
boss  
teachers  
whites  
rich  
Christians  
able-bodied  
heterosexual  
formally educated

### Less Powerful Group

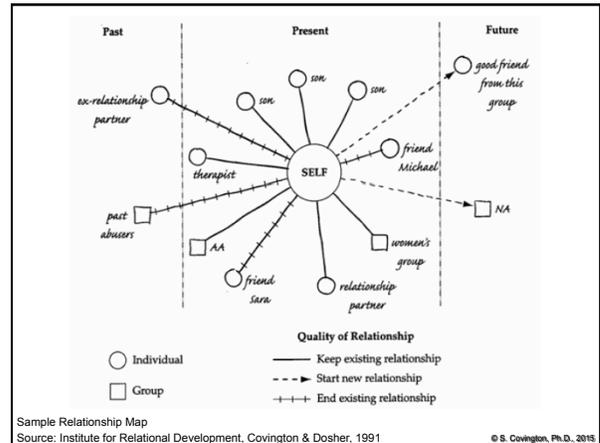
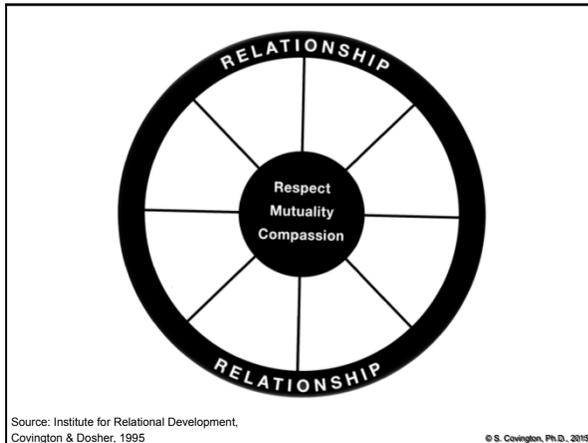
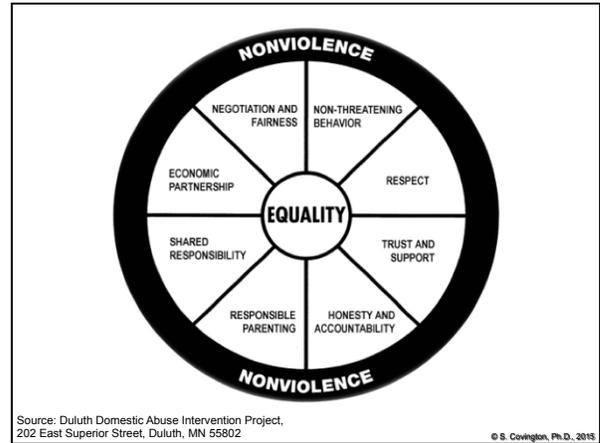
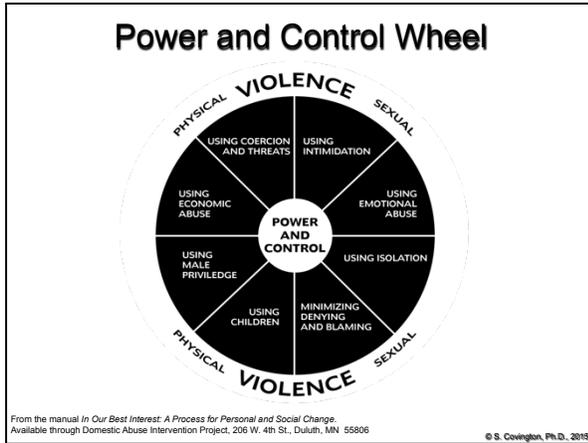
women  
young people  
workers  
students  
people of color  
poor  
Jews, Muslims, Buddhists  
physically challenged  
gay, lesbian, bisexual  
non-formally educated

Source: Paul Kivel, Men's Lives

© S. Covington, Ph.D., 2015



# The Addiction-Trauma Connection: Spirals of Recovery and Healing



**Module C  
Sexuality**

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**Helping Women Recover  
Module C: Sexuality**

**Session 10** Sexuality and Addiction  
**Session 11** Body Image  
**Session 12** Sexual Identity  
**Session 13** Sexual Abuse  
**Session 14** Fear of Sex while Clean and Sober

(14 activities)

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## Sexuality

**SEXUALITY** is a developmental process

**SEXUALITY** is an identification, an activity, a drive, a biological process, an orientation, an outlook

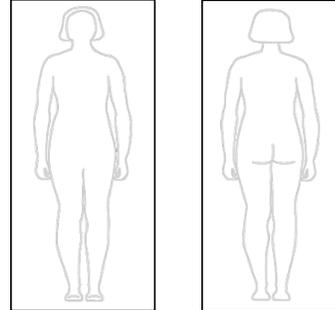
It is who and how we are in the Universe

**SEXUAL GOOD HEALTH** is the somatic, emotional, social and spiritual aspects of oneself integrated into one's identity and style of life

© Covington, 1995

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## Body Image



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"Then I said the hell with it and dug out my old bikini..."

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## Questions

- How might abuse occur as the result of trying to control another?
- Types of physical abuse? (least to most serious)
- Sexual abuse
- Verbal abuse
- Impact on the person?

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## Men and Sex

Men have come to experience sexual highs as the peak of their emotional experience. It's often the one place where they get a certain level of emotional release. I believe that's why some men are so compulsive about their sexuality: it's the search to release those inhibited emotions that are roiling around inside, and that men are so often afraid to feel.

L. Rubin, 1993

© S. Covington, Ph.D., 2015

## Sexual Abuse in Families



<u>Psychological Abuse</u>	<u>Covert Abuse</u>	<u>Overt Abuse</u>
<ul style="list-style-type: none"> <li>• Sexual Jokes</li> <li>• Verbal harassment</li> <li>• Violating boundaries</li> <li>• Telling child inappropriate sexual information</li> </ul>	<ul style="list-style-type: none"> <li>• Inappropriate touching</li> <li>• Voyeurism</li> <li>• Ridicule of bodies</li> <li>• Sexual Hugs</li> <li>• Pornography</li> </ul>	<ul style="list-style-type: none"> <li>• Exhibitionism</li> <li>• French kissing</li> <li>• Fondling</li> <li>• Oral Sex</li> <li>• Penetration</li> </ul>

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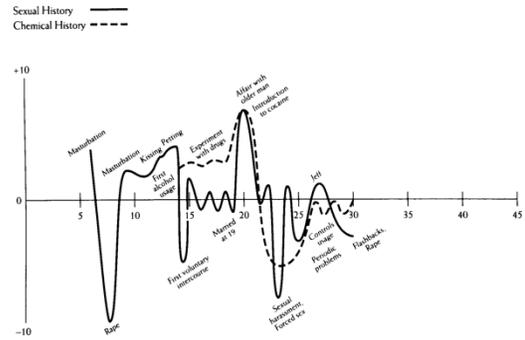
# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## Questions

- Examples of nonconsensual sex
- Know anyone who's been a victim
- Any experience or know anyone experience of childhood sexual abuse

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## Sexual Chemical Lifeline



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## Sexual Bill of Rights

My Sexual Bill  
of Rights



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## Helping Women Recover Module D: Spirituality

- Session 15** *What is Spirituality?*
- Session 16** *Prayer and Meditation*
- Session 17** *Creating a Vision*

(10 activities)

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## WHAT IS SPIRITUALITY?

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## Spirituality

One definition of spirituality is oneness, wholeness, connection to the universe; belief in something greater than yourself, trust in a higher or deeper part of yourself.

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### **Tenets of Women's Spirituality**

- Recognizing the interrelatedness of all life
- Honoring the dignity of the female
- Appreciating the human body as the container of the spirit

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### **Tenets of Women's Spirituality (cont.)**

- Discovering the power of creating ritual
- Perceiving work for ecological and social justice as a spiritual responsibility
- Cultivating sensitivity to diverse multicultural experiences

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### **PRAYER AND MEDITATION**

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### ***Helping Women Recover***

### **Creating a Vision**

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**ORID**  
OBJECTIVE  
REFLECTIVE  
INTERPRETIVE  
DECISIVE

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### **CLOSING RITUAL**

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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

## Women and Girls Healing

### Working on multiple levels:

- Individual
- Political
- Spiritual

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## When is Someone Ready for Trauma Processing?

- She/he is able to use some safe coping skills
- She/he has no major current crises or instability (e.g., homelessness or domestic violence)
- She/he *is willing* to do this type of work
- She/he can reach out for help when in danger
- She/he is not using substances to such a severe degree that emotionally upsetting work may increase her/his use

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## When is a Someone Ready for Trauma Processing?

- Her/his suicidality has been evaluated and taken into account
- She/he is in an ongoing system of care that is stable and consistent, with no immediate planned changes (e.g., discharge from inpatient unit or residential program)

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## What makes a difference?

- Creating a safe environment
- Listening to her/his story
- Empathy

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## Sanctuary



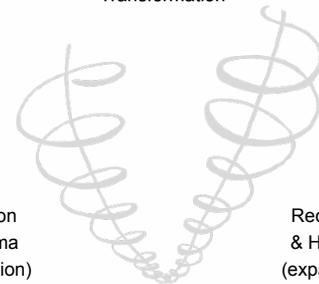
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## Upward Spiral

Transformation

Addiction  
& Trauma  
(constriction)

Recovery  
& Healing  
(expansion)



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# The Addiction-Trauma Connection: Spirals of Recovery and Healing

**"Man Prayer"**  
- words by Eve Ensler, film by Tony Stroebel



When Eve met His Holiness Gyalwang Karmapa at TED India, she was immediately inspired by his commitment to this movement to write a prayer – the Man Prayer.

<http://onebillionrising.org/pages/video-downloads#manprayer>

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**For More Information**

Twyla Wilson, LCSW

- Email: [twyla.lcsw@gmail.com](mailto:twyla.lcsw@gmail.com)
- Websites: [www.twyla.lcsw.googlepages.com](http://www.twyla.lcsw.googlepages.com)  
[Psychology Today](http://PsychologyToday.com)  
919-801-9087  
112 Swift Avenue  
Durham, NC 27705

Stephanie S Covington, Ph.D, LCSW

Email: [info@stephaniecovington.com](mailto:info@stephaniecovington.com)

Websites: [www.stephaniecovington.com](http://www.stephaniecovington.com)  
[www.centerforgenderandjustice.org](http://www.centerforgenderandjustice.org)