



One Woman's  
Path to  
Salvation from  
Trauma and  
Addiction

# HEALING *Meen*

TONIER CAIN

# Healing Neen One Womans Path To Salvation From Trauma And Addiction

**Stephanie S Covington**



## **Healing Neen One Woman's Path To Salvation From Trauma And Addiction:**

**Healing Neen** Tonier Cain, 2014-09-02 After surviving a childhood of abuse and neglect Tonier Neen Cain lived on the streets for two nightmarish decades where she endured unrelenting violence hunger and despair while racking up 66 criminal convictions related to her addiction Her story illustrates the consequences that untreated trauma has on individuals and society at large including mental health problems addictions homelessness and incarceration Today she is a nationally renowned speaker and educator on the devastation of trauma and the hope of recovery Containe **Healing Neen** ,2013 After surviving a childhood of abuse and neglect Tonier Neen Cain lived on the streets for two nightmarish decades where she endured unrelenting violence hunger and despair while racking up 66 criminal convictions related to her addiction Incarcerated and pregnant in 2004 a community mental health program offered her a way out and up Neen's inspiring story told in this program illustrates the consequences of childhood household trauma for individuals and society at large mental health problems addiction homelessness incarceration and the efficacy of trauma informed care as a treatment plan The video features footage of Neen in her current capacity as a nationally known motivational speaker and educator on the devastation of trauma and the hope of recovery **A Woman's Way through the Twelve Steps & A Woman's Way through the Twelve Steps** Wo Stephanie S Covington, 2011-11-17 Includes both the book and workbook of A Woman's Way Through the Twelve Steps Recovery is not a man's world and yet to a woman it can sometimes seem that way Geared specifically to women this book and workbook collection bring a feminine perspective to the Twelve Step program searching out the healing messages beneath the male oriented words Based on an open exploration and a flexible interpretation of the Twelve Steps this perspective takes into account the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women in particular Acknowledging that recovery raises special issues for women from questions about sexuality relationships and everyday life to anxieties about speaking up at mixed gender meetings A Woman's Way through the Twelve Steps focuses directly on the feminine experience of addiction and healing Author Stephanie Covington explores the Twelve Steps one by one reiterating each in its traditional language then explaining and illustrating it in a way that highlights a woman's experience empowering the reader to take ownership of her own recovery process as well as her growth as a woman The workbook helps deepen and extend the understanding of the lessons taught in the book and brings them to life with simple exercises and journaling activities that help women document their growth and recovery process in a personally meaningful way Beyond Trauma Workbooks (Package Of 10) Stephanie S. Covington, 2016-10-30 Provides an evidence based twelve session programme created by Dr Stephanie Covington pioneer in the field of women's issues addiction and recovery The participant workbook is an essential part of the programme that helps women explore life experiences and the world around them It's a personal journal where she can write down her feelings thoughts and ideas **Journey Back to Love** Lisa Magisi, 2024-12-22 Journey Back to Love is a powerful daily

devotional that chronicles one woman's arduous path through addiction, trauma, and cancer. This compelling book offers readers an intimate look into the author's life, detailing her struggles and triumphs as she navigates the tumultuous waters of recovery and healing. Each day's entry provides a raw and honest account of the author's experiences, highlighting both the devastating lows and inspiring highs of her journey. The book doesn't shy away from the harsh realities of addiction and trauma; instead, it faces them head-on with courage and vulnerability. What sets this devotional apart is its interactive nature. Readers are encouraged to reflect on their own lives, identifying areas where they can make small but significant changes to overcome their challenges. Whether battling addiction, processing trauma, or facing other life obstacles, the book offers practical insights and strategies for personal growth. Through the author's perseverance and unwavering determination to reconnect with her own heart, readers are inspired to embark on their own journey of self-discovery and healing. *Journey Back to Love* serves as a beacon of hope, reminding us that no matter how dark the path might seem, there is always a way back to self-love and inner peace.

**Journey Back to Love** Lisa Magisi, 2024-12-22 *Journey Back to Love* is a powerful daily devotional that chronicles one woman's arduous path through addiction, trauma, and cancer. This compelling book offers readers an intimate look into the author's life, detailing her struggles and triumphs as she navigates the tumultuous waters of recovery and healing. Each day's entry provides a raw and honest account of the author's experiences, highlighting both the devastating lows and inspiring highs of her journey. The book doesn't shy away from the harsh realities of addiction and trauma; instead, it faces them head-on with courage and vulnerability. What sets this devotional apart is its interactive nature. Readers are encouraged to reflect on their own lives, identifying areas where they can make small but significant changes to overcome their challenges. Whether battling addiction, processing trauma, or facing other life obstacles, the book offers practical insights and strategies for personal growth. Through the author's perseverance and unwavering determination to reconnect with her own heart, readers are inspired to embark on their own journey of self-discovery and healing. *Journey Back to Love* serves as a beacon of hope, reminding us that no matter how dark the path might seem, there is always a way back to self-love and inner peace.

Helping Women Recover Stephanie S. Covington, 2008-06-09 Since it was first published in 1999, *Helping Women Recover* has set the standard for best practice in the field of women's treatment. *Helping Women Recover* is based on Dr. Covington's Women's Integrated Treatment (WIT) model. It offers a program specifically designed to meet the unique needs of women who are addicted to alcohol and other drugs or have co-occurring disorders. This thoroughly revised and updated edition includes evidence-based and empirically tested therapeutic interventions which are used to treat addiction and trauma in an innovative way. The *Helping Women Recover* program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group therapy settings or with individual clients. Included in SAMHSA's National Registry of Evidence-based Programs and Practices.

**Cross Addicted: Breaking Free From Family Trauma and Addiction** Paula

Jauch,2019-11-26 Paula was broken traumatized and bound by many addictions but today she is free And that is God s desire for you too Paula Jauch s life was controlled by trauma and addiction Born into neglect and addiction she inherited self destructive patterns and emotional prisons she could not escape She experimented with crack at age thirteen became pregnant at fifteen was initiated into a Hispanic gang and bore her second child by the time she was eighteen Starved for acceptance and worth she began cutting her body and developed a near fatal eating disorder for twenty years Cross Addicted follows Paula s raw stumbling journey toward freedom You will find renewed hope and practical steps of recovery Recognize that there is nothing wrong with you Learn how to forgive yourself and others Understand addiction and trauma and the healing process through recovery Find freedom by understanding what Jesus did on the cross Paula s book will point you to the One who can heal you and set you free Jesus Christ Tonier Cain founder and CEO of Healing Neen Inc FOREWORD by Dan Seaborn Founder Winning at Home      *A Woman's Journal* Stephanie S. Covington,2019-06-04 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 Helping Women Recover has set the standard for best practice in the field of women s treatment Helping Women Recover is a manualized treatment intervention based on Dr Covington s Women s Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA s National Registry of Evidence based Programs and Practices The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual women in criminal justice settings Now in its third edition this binder set includes a hands on participant s journal that has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more Updated references further reading suggestions and a chapter for facilitators which includes the challenges of working in the criminal justice system help practitioners to effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals Helping Women Recover Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman s treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements Helping Women Recover is essential for mental health and addiction treatment professionals including counselors therapists social workers psychologists and psychiatrists who work with women in HWR is essential for anyone providing services to women in criminal justice settings      **Helping Women Recover** Stephanie S. Covington,2008-06-09 Since it was first published in 1999 Helping Women Recover has set the standard for best practice in the field of women s treatment Helping Women Recover is based on Dr Covington s Women s Integrated Treatment WIT

model It offers a program specifically designed to meet the unique needs of women who are addicted to alcohol and other drugs or have co occurring disorders This thoroughly revised and updated edition includes evidence based and empirically tested therapeutic interventions which are used to treat addiction and trauma in an innovative way The Helping Women Recover program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group therapy settings or with individual clients **A Woman's Way through the Twelve Steps** Stephanie S Covington, 2009-06-03 Geared specifically to women this book brings a feminine perspective to the Twelve Step program searching out the healing messages beneath the male oriented words Recovery is not a man's world and yet to a woman it can sometimes seem that way Geared specifically to that woman this book brings a feminine perspective to the Twelve Step program searching out the healing messages beneath the male oriented words Based on an open exploration and a flexible interpretation of the Twelve Steps this new perspective takes into account the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women in particular Acknowledging that recovery raises special issues for women from questions about sexuality relationships and everyday life to anxieties about speaking up at mixed gender meetings A Woman's Way through the Twelve Steps focuses directly on the feminine experience of addiction and healing The author explores the Twelve Steps one by one reiterating each in its traditional language then explaining and illustrating it in a way that highlights a woman's experience empowering the reader to take ownership of her own recovery process as well as her growth as a woman

From Junkie to Judge Mary Beth O'Connor, 2023-01-24 From a junkie addicted to methamphetamines to a federal judge Mary Beth O'Connor's memoir shares her inspiring journey from rock bottom to resilience as she forged a personal path to recovery from trauma and addiction Silver Award 2023 Nonfiction Book Awards Searing unsettling and ultimately triumphant Judge O'Connor's debut memoir takes readers on a wild ride through the rock bottom underbelly of intravenous drug addiction to the hallowed halls of justice where she rose to the pinnacle of success as a federal judge With wit and unabashed honesty O'Connor shares her remarkable three phase journey the abuse and trauma that drove her to teenage drug use the chaos that ensued from her addiction and how she developed a personalized secular recovery plan that led to twenty nine years of sobriety Her story proves any addict can recover and anyone can build a productive and happy life no matter how low the bottom or how deep the pain Within a week of being born O'Connor was dropped off at a convent When she was brought into her home her mother focused on her own needs and desires ignoring her young child When she was nine her stepfather kicked her in the stomach for spilling milk beat her when she didn't clean a plate to his satisfaction and molested her when she was twelve A few months later with her first sip of Boone's Farm Strawberry Hill wine her life changed She felt euphoric and relaxed So she got drunk as often as possible adding pot then pills then acid At sixteen she found her drug of choice methamphetamine With her first snort she experienced true joy for the first time When this high was no longer

sufficient she turned to the needle and shot up During the next sixteen years she descended into a severe meth addiction working her way down the corporate ladder destroying relationships and shattering her physical and emotional well being At thirty two she entered rehab where she was ordered to submit to the 12 steps of Alcoholics Anonymous As an atheist turning her will and her life over to a higher power was not an option and she refused to agree she was powerless Told to comply or fail she bravely created a new path that combined ideas from multiple programs and even incorporated some AA concepts Clean and sober now for more nearly three decades she is proof that anyone can find their sober self their best self no matter how far they have fallen Along with her inspiring story she offers a comprehensive checklist of questions for readers to ask themselves as they take the brave steps toward recovery offering a powerful blueprint for personal change [Coming Into the Light](#) Kathline Bray,2021-06-22 Coming into the Light From Addiction to Salvation chronicles a woman who endured extreme trauma and abuse as a child She ultimately turned to drugs and alcohol as coping mechanisms and felt hopeless throughout her life and the struggles that ensued In this raw transparent story of her life Kathline Bray demonstrates that there is hope on the other side of addiction and trauma When God revealed Himself to her she was able to break free from the bondage of addiction She found a new life in the Word of God and counseling She now encourages others to come into the light **Past Trauma and Sexual Addiction: One Woman's Story of Healing** Sandy Robson,Julie Avritt,2012-09-05 Sandy Robson belies her English upbringing by exposing those things others might find indecent too honest too much But Sandy is a psychotherapist She knows the only way to get to healing is to excavate What we find in our histories and under the surface of our lives might not be pretty Still it deserves our compassion Sandy s story is a deeply personal chronicle of trauma addiction and sex and relationship abuse from childhood abuse at the hands of her father to molestation and rape to the subsequent promiscuity that is common in girls who are abused Sexual addiction became a template for her adult relationships In this book Sandy reports her struggles with this addiction and her often failed attempts to change But it is also a roadmap Sandy chose recovery She fought her Inner Child and fought for her Inner Child She battled relapse but she would have a spiritual epiphany more than once She would make her way **A Woman's Journal** Stephanie S. Covington,2008-06-09 This product includes a basic curriculum for treating women s substance abuse in correctional settings In this new edition Stephanie Covington will include important new evidence based data and new proven techniques for her unique and exclusive program as well as new ways to treat trauma and substance abuse new principles for gender responsive strategies with women offenders and a new module on sexuality and women s recovery Also women who have been using the book have written in many small changes and corrections in the directions and exercises The latest and most up to date theory and practice for this very focused but substantial field of treatment A Woman s Journal is tied seamlessly to the facilitator s guide It contains exercises for use in group sessions summaries of information presented from the facilitator s guide and reflection questions and activities for use after group sessions Included in SAMHSA a National Registry of

Evidence based Programs and Practices      **Any Body Can Heal** Sara Davidson,2025-01-21 From survivor to psychotherapist one woman s path to triumphing over trauma by understanding how the brain s brilliant protective mechanisms helped keep her alive In this powerful and deeply personal work of nonfiction survivor and psychotherapist Sara Davidson explores one of life s devastating but all too pervasive realities trauma and its rippling aftereffects By her mid thirties Sara Davidson had fled a tsunami fought off a knife wielding thief and survived a horrific sexual assault by two masked gunmen who burst through her bedroom door in the middle of the night As she was struggling to confront her own trauma she was also helping her clients navigate theirs At one point she thought she had recovered However it was only after delving into the neuroscientific literature on trauma and discovering how her brain had protected her in her darkest hour that she found her way to true healing Thoughtful and brutally honest Davidson s memoir draws on her personal experience professional training and the insights she gained through her investigations to paint a moving portrait of one woman s winding path to self acceptance healing and reclaiming a joyful life      *A Woman's Journal* Stephanie S. Covington,2019-05-21 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 *Helping Women Recover* has set the standard for best practice in the field of women s treatment *Helping Women Recover* is a manualized treatment intervention based on Dr Covington s Women s Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA s National Registry of Evidence based Programs and Practices The *Helping Women Recover* program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual women in criminal justice settings Now in its third edition this binder set includes a hands on participant s journal that has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more Updated references further reading suggestions and a chapter for facilitators which includes the challenges of working in the criminal justice system help practitioners to effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals *Helping Women Recover* Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman s treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements *Helping Women Recover* is essential for mental health and addiction treatment professionals including counselors therapists social workers psychologists and psychiatrists who work with women in HWR is essential for anyone providing services to women in criminal justice settings      **Beyond Trauma - Facilitators Guide** Stephanie S. Covington,2003-11-27 For women the experience of trauma often leads to



disorders such as addictions eating disorders and self harm With sensitivity and understanding best selling author and clinician Stephanie Covington explores the interrelationship between substance abuse trauma and mental health The Beyond Trauma curriculum components include a client workbook client video facilitator guide and a two volume facilitator video Covington explores the relationship between substance abuse trauma and mental health By combining didactic information role playing guided imagery and workbook exercises the Beyond Trauma curriculum is user friendly for women of all learning styles This two DVD set is for use by facilitators of Beyond Trauma with their clients *How We Heal*

Anonymous,2030-06-04 How We Heal is a book of meditations for survivors of addiction and sexual trauma written by survivors of addiction and sexual trauma Through writing and reading sharing our experiences and building our community we can learn to reclaim our voices and heal ourselves Millions of people have been victims of sexual trauma And millions of those people turn to drugs and alcohol to numb their pain We all can be survivors But how can we not only survive but thrive Through post traumatic growth In How We Heal we can see how post traumatic growth comes from learning how our trauma affects us every day particularly if we have a substance use disorder and that we can heal the trauma to grow past the addiction We can reach out for help We can find treatment programs We can seek help as survivors And we survivors can find each other and help each other Through How We Heal we can come to realize we are not alone Through the multitude of these voices we can understand better how trauma affects addiction and how addiction affects trauma These meditations offer little glimpses into the world of survivors and whether in this survivor and recovery community or near it as a friend or loved one we learn that greater empathy for each other is paramount Hazelden Publishing s Meditation Series is a long standing source for people to find healing and hope Each meditation shares a way to see things from the perspective of someone who s been there whether a challenge a victory or somewhere in between Because someone has been there before we see that what is being asked in recovery is possible It s comforting It s empowering It s recovery [A Woman's Way through the Twelve Steps Workbook](#) Stephanie Covington,2024-03-05 Women s recovery can differ from men s and each person s recovery is in many ways unique That s why Stephanie Covington has designed the A Women s Way Through the Twelve Steps Workbook to help women and gender expansive people each find their own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships self sexuality and everyday life Deepening and extending the lessons of a book that has helped countless women and gender expansive people this workbook makes A Women s Way Through the Twelve Steps that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this workbook begins with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on women s definitions of terms such as powerlessness and letting go guided imagery exercises and physical grounding activities Designed to be used in conjunction with A Women s Way Through the Twelve

Steps this workbook helps deepen and extend the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a person. It is also designed to be used in conjunction with A Woman's Way through the Twelve Steps Facilitator Guide in facilitated groups in residential or outpatient treatment programs for substance use disorder or other addictive disorders.

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### Healing Neen One Womans Path To Salvation From Trauma And Addiction Introduction

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