

Helping Women Recover: A Trauma-Informed Approach

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Helping Women Recover: A Trauma-Informed Approach

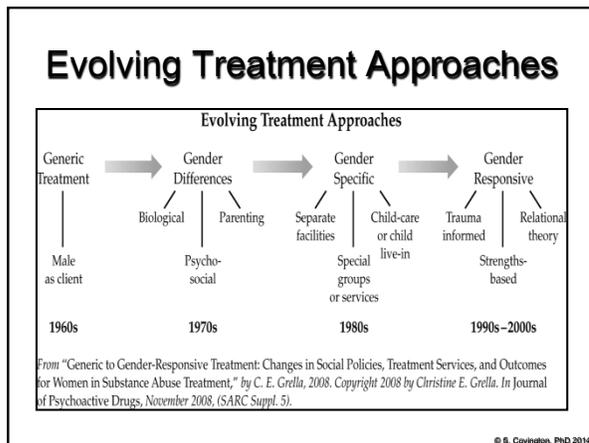
**Helping Women Recover:
A Trauma-Informed Approach**

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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, 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. Leeder (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

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Guiding Principles for Gender-Responsive Services

- Gender
- Environment
- Relationships
- Integrated 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 Issues: An International Perspective

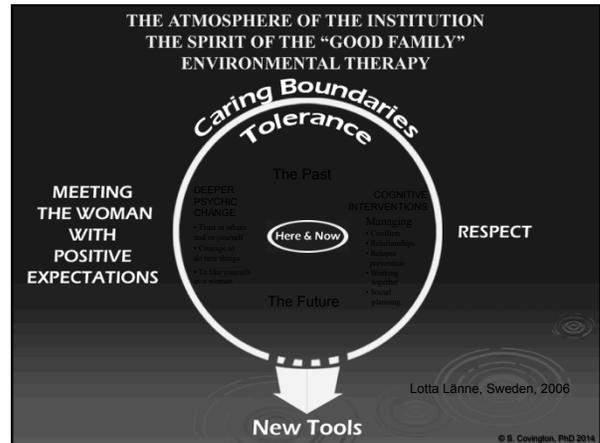
- Shame and Stigma
- Physical and Sexual Abuse
- Relationship Issues
 - fear of losing children
 - fear of losing a partner
 - needing partner's permission to obtain treatment

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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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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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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

The theories related to gender and 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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Trauma-informed Materials

- *Women and Addiction:
A Gender-Responsive Approach
Hazelden Clinical Innovator's Series*
- *Helping Women Recover*
- *Helping Men Recover*
- *Beyond Trauma:
A Healing Journey for Women*
- *Healing Trauma:
Strategies for Abused Women*

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Trauma-informed Materials

- *Women in Recovery: Understanding Addiction (workbook)*
- *A Woman's Way through The Twelve Steps: book, workbook, and group curriculum*
- *Voices:
A Program of Self-Discovery and Empowerment for Girls*
- *Beyond Violence:
A Prevention Program for Women*

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Women in Recovery: Understanding Addiction

Alcohol and other Drug Education



(available in English and Spanish)

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Helping Women Recover



**Community
Version**



**Criminal Justice
Version**

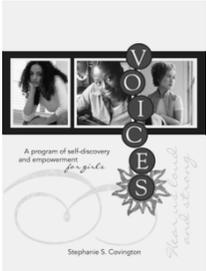
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Helping Women Recover: A Program for Treating Addiction

- **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 Model (Stone Center)
- **Theory of Trauma**
 - Three Stage Model (Herman)
 - Upward Spiral – A Transformational Model (Covington)

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



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

- Theory of Girls' Psychological Development
 - Relational-Cultural Model (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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Helping Men Recover



**HELPING MEN
RECOVER**
A Program for Treating Addiction

STEPHANIE S. COVINGTON
DAN GRIFFIN
RICK DAUER



**A Man's Workbook
HELPING MEN
RECOVER**
A Program for Treating Addiction

STEPHANIE S. COVINGTON
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RICK DAUER

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Beyond Trauma: A Healing Journey for Women



11 Sessions
Facilitator's Guide, Workbook and DVDs

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Helping Women Recover: A Trauma-Informed Approach

***Beyond Trauma:
A Healing Journey for Women***

Trauma Theory

**Sandra Bloom, M.D.
Judith Herman, M.D.
Peter Levine, Ph.D.**

**Integrates cognitive-behavioral, expressive arts,
guided imagery, and relational therapy.**

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***Healing Trauma:
Strategies for Abused Women***

5 Sessions

Printable Facilitator's Guide (English) and Workbooks (English and Spanish)

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

Facilitator Guide

Participant Workbook

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***Beyond Violence:
A Prevention Program for
Criminal Justice-Involved Women***

Facilitator Guide

Participant Workbook

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Self-Help Books

- ***Leaving the Enchanted Forest:
The Path from Relationship
Addiction to Intimacy (relationships)***
- ***Awakening Your Sexuality:
A Guide for Recovering Women
(sexuality)***
- ***A Woman's Way through The Twelve
Steps (addiction and recovery)***

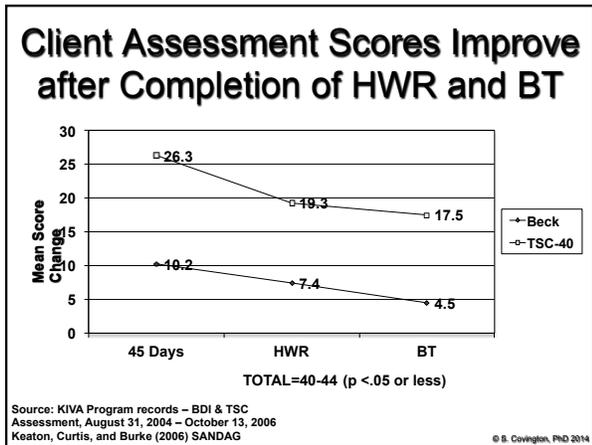
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Evidence-Based

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

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Prison Study (NIDA Funded)

- Randomized control group
- Gender-responsive vs. Therapeutic Community
- Significant differences
 - Greater reduction of drug use
 - More likely to complete treatment
 - Remained longer in aftercare
 - Less recidivism (re-incarcerated) at 12 months

(p ≤ .05)

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Drug Court Study (NIDA Funded)

- Four sites in San Diego County
- Randomized control group
- Preliminary results
 - Less substance use
 - Fewer sanctions
 - Longer in treatment
 - Judge notices differences

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Addiction: A Holistic Health Model

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

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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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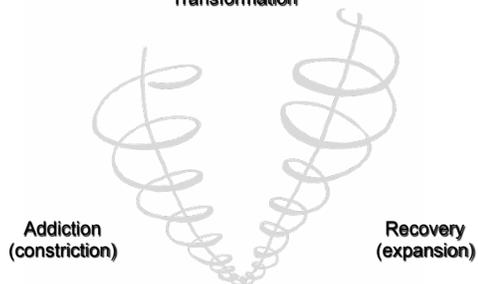
Tobacco Statistics

- Ninety percent of all smokers start before they are 18 and 60% start before high school.
- Only 3% of daily smokers in high school think they will still be smoking at all in 5 years. But more than 60% are still daily smokers 9 years later.

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Upward Spiral

Transformation



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Relational-Cultural Theory

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

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Relational-Cultural Theory

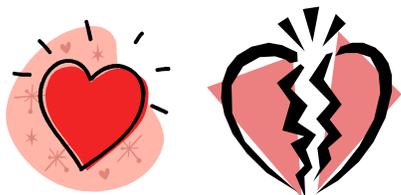
Some women use drugs:

- 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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Addiction as a Relationship



Love → Love-Hate

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Two Kinds of Suffering

- Natural
- Created

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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

- While both male and female children are at risk for abuse, females continue to be at risk for interpersonal violence in their adolescence and adult lives (Covington & Surrey).
- At least 50% of child abuse and neglect cases are associated with parental drug or alcohol abuse (ECMEF, 2008).
- One or more parents were responsible for 70% of child fatalities caused by abuse or neglect (HHS, 2008a).
- In 2005, 1,181 women were murdered by their intimate partner -- more than 3 women murdered per day (FVPP, 2009b).
- Every year there are 2 million injuries from domestic violence (CDCP, 2008).

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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 (FVPP, 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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Statistics

- 1/3 of women in state prison and 1/4 in jails said they had been raped (BJS, 1999).
- Women in prison reported childhood abuse at a rate almost twice that of men; abuse of women as adults was eight times higher than the rate for men (Messina et. al., 2001).
- Between 23-37% of female offenders reported that they had been physical or sexually abused before the age of 18 (BJS, 1999).

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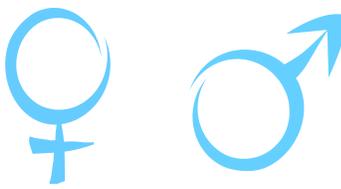
Moral Challenges

- 19th century - slavery
- 20th century - totalitarianism
- 21st century – brutality against women and girls

(NY Times 9/23/09)

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Trauma



Gender Differences

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Trauma-informed Services

Trauma-informed services:

1. Take the trauma into account.
2. Avoid triggering trauma reactions and/or traumatizing the individual.
3. Adjust the behavior of counselors, other staff and the organization to support the individual's coping capacity.
4. Allow survivors to manage their trauma symptoms successfully so that they are able to access, retain and benefit from the services.

(Harris & Falloot)

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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

(N=17,000)

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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

(Fellin, V.J. Origins of Addictive Behavior: Evidence from the ACE Study, 2003 Oct 52(1): 547-59. German. PMID: 14619662 (PubMed-indexed for MEDLINE).)

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ACE Study (Cont.)

Women 50% more likely than men to have 5 or more

(Higher scores more common in women)

(Felitti & Anda, 2010)

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ACE Study (continued)

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

(Felitti and Anda, 2010)

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ACE Study (continued)

If a male child has six 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 (continued)

Population studied:

- 75% white
- 39% college (36% some)
- 18% high school grads

(Felitti & Anda, 2010)

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ACE Study (continued)

6 or more “yes” answers
=
2 decades shorter life expectancy than person with 0 “yes” answers

(Felitti & Anda, 2010)

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Childhood Traumatic Events Largest Effect-Mental Health

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

(Messina & Grella, 2005)

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Childhood Traumatic Events Largest Effect-Mental Health

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

(Messina & Grelka, 2005)

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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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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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Prevalence of Trauma and PTSD in Substance Use/Abuse

- 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%)

History of sexual abuse

- 57% women
- 16% men

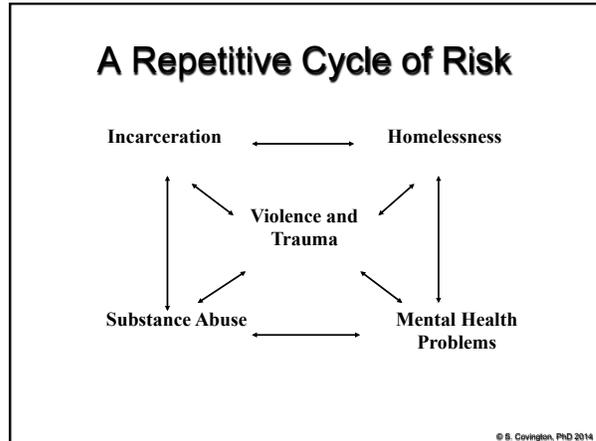
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Prevalence of Trauma and PTSD in Severe Mental Illness

- 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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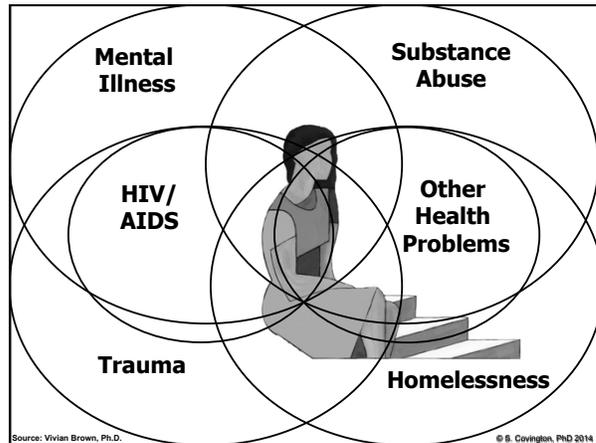


Level of Burden

“Burden” is 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

Vivian Brown, Ph.D. © S. Covington, PhD 2014



Critical and Interrelated Issues

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

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Areas of Separation

- Training
- Treatment
- Categorical Funding

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Key Elements (Staff and Clients)

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

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Key Issues for Women in Recovery

- Self
- Relationships
- Sexuality
- Spirituality

Source: Covington, S., (1994) A Woman's Way Through the 12 Steps, Hazelden

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Module A: Self

- Session 1** *Defining Self*
- Session 2** *Sense of Self*
- Session 3** *Self-Esteem*
- Session 4** *Sexism, Racism, and Stigma*

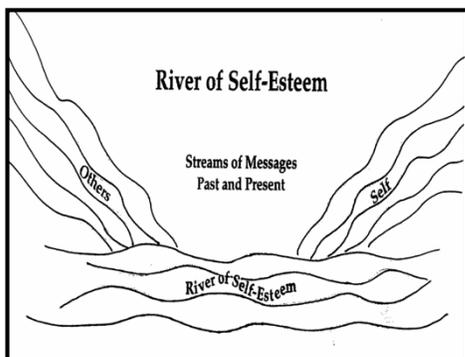
(13 activities)

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Who Am I?

- 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, Moslems, Buddhists
physically challenged
gay, lesbian, bisexual
non-formally educated

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Module B: Relationships

- Session 5** *Family of Origin*
- Session 6** *Mothers*
- Session 7** *Mother Myths*
- Session 8** *Interpersonal Violence*
- Session 9** *Creating Healthy Relationships and Support Systems*

(18 activities)

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Family Trees 1950 & 1990

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Growth Fostering Relationships

- Each person feels a greater sense of “zest” (vitality, energy)
- Each person feels more able to act and does act
- Each person has a more accurate picture of her/himself and the other person(s)
- Each person feels a greater sense of worth
- Each person feels more connected to the other person(s) and a greater motivation for connections with other people beyond those in the specific relationship

Source: Stone Center, Wellesley College Wellesley, MA 02181 © S. Covington, PhD 2014

Outcomes of Disconnections (Non-mutual or Abusive Relationships)

- Diminished zest or vitality
- Disempowerment
- Confusion, lack of clarity
- Diminished self-worth
- Turning away from relationships

Source: Stone Center, Miller © S. Covington, PhD 2014

Sample Relationship Map

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Recovery Scale Relationship Module

	Not at all	Just a little	Pretty much	Very much
I share my needs and wants with others				
I socialize with others				
I stay connected to friends and loved ones				
I nurture my children and/or loved ones				
I am straightforward with others				
I can tell the difference between supportive and non-supportive relationships				

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Recovery Scale Relationship Module

	Not at all	Just a little	Pretty much	Very much
I have developed a support system				
I offer support to others				
I participate in conversations with my family members, friends, and/or co-workers				
I listen to and respect others				
I have clean and sober friends				
I can be trusted				

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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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Sexuality

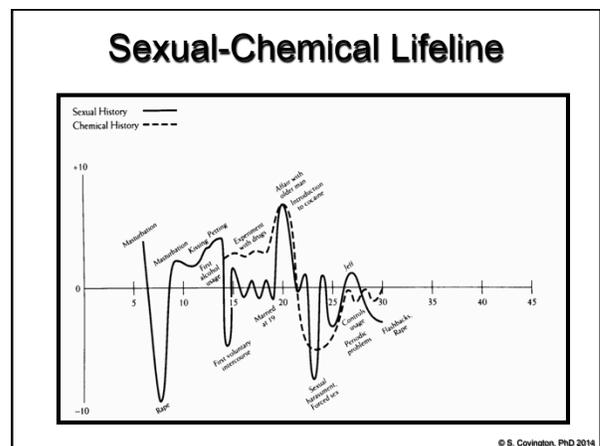
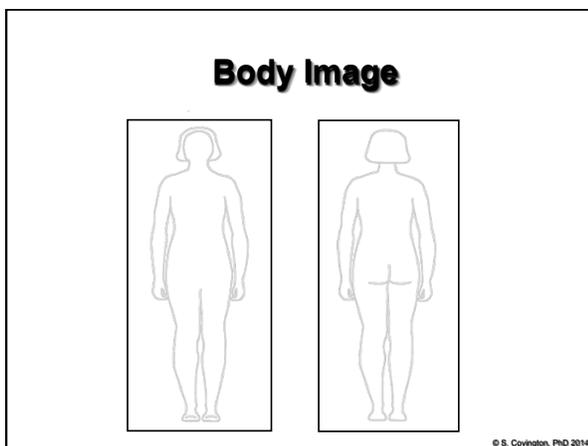
SEXUALITY is a developmental process

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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Self - Soothing

	Alone	With Others
Daytime		
Night Time		

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Sexual Bill of Rights

My Sexual Bill
of Rights



© S. Covington, PhD 2014

Module D: Spirituality

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

(10 activities)

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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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Helping Women Recover

Creating a Vision

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ORID

- OBJECTIVE
- REFLECTIVE
- INTERPRETIVE
- DECISIVE

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What Makes a Difference?

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

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Woman-centered Treatment

*"What does each woman need to have by
the time she leaves treatment?"*

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Woman-centered Treatment

Each woman needs an opportunity to:

- Acknowledge that she has an addiction.
- Create a connection with other women.
- Obtain an accurate diagnosis (through assessment) and appropriate medication, when necessary, for any co-occurring disorder(s).

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Woman-centered Treatment (cont.)

- Understand the impact of alcohol and other drugs on the female body.
- Understand the connection between trauma and addiction.
- Have a wide selection of clean-and-sober coping skills.

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Woman-centered Treatment (cont.)

- Have a recovery plan
- Have her basic needs addressed (for shelter, food, transportation, childcare, literacy, employment, etc.).

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Therapeutic Approaches

- Relational-Cultural
- Group therapy
- Cognitive-behavioral
- Experiential
- Therapeutic community
- Mutual Help

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Sanctuary



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What is Sanctuary?

- Sacred place
- Place of refuge/protection
- Shelter

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Women and Girls Healing

Working on multiple levels:

- Individual
- Political
- Spiritual

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Oprah Winfrey Network: *Breaking Down the Bars*

- To view full episodes online, visit:
<http://eztvstream.com/category/breaking-down-the-bars/>
- To view exclusive web clips of the series, visit:
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<http://www.oprah.com/own-breaking-down-the-bars/breaking-down-the-bars-blog.html>
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