

STEPHANIE S. COVINGTON, PhD, LCSW

Institute for Relational Development | Center for Gender & Justice
www.stephaniecovington.com www.centerforgenderandjustice.org

Dr. Stephanie S. Covington is an internationally recognized clinician, author, organizational consultant, and lecturer. She is a pioneer in the fields of addiction, trauma, and recovery. She has developed an innovative, gender-responsive, and trauma-informed approach that results in effective services in public, private, and institutional settings. Her presentations, staff-development seminars, and technical assistance focus on systems change and the development of caring, compassionate, and empowering therapeutic environments. They provide professionals an opportunity to learn new skills for dealing with personal, institutional, and societal changes and are always in demand, both nationally and internationally.

Dr. Covington's clients include the Betty Ford Treatment Center, the Center for Substance Abuse Treatment in Washington, D.C., and numerous others. She has conducted seminars for behavioral health professionals, community organizations, criminal justice professionals, and recovery groups in the United States, Canada, the United Kingdom, Mexico, Europe, Africa, Iceland, Brazil, and New Zealand. Dr. Covington was a workshop chair for the women's treatment improvement protocol (TIP) published by The Substance Abuse and Mental Health Services Administration (SAMHSA) and served on the Advisory Council for Women's Services for SAMHSA. She was the featured consultant and therapist on the Oprah Winfrey Network docu-reality show entitled *Breaking Down the Bars*. For 35 years, she also has provided training and consulting to help institutions and programs in the criminal justice system develop effective gender-responsive and trauma-informed services. These include the Federal Bureau of Prisons; the National Institute of Corrections; the California Department of Corrections and Rehabilitation; many other state and local jurisdictions; the United Nations Office on Drugs and Crime; the Ministries of Justice in England, Scotland, and Switzerland; and the Correctional Service of Canada. She also is the co-author of a three-year research project, *Gender-Responsive Strategies: Research, Practice, and Guiding Principles for Women Offenders*, for the National Institute of Corrections. This publication received the University of Cincinnati Award for its outstanding contribution to the field of corrections in the U.S. and Canada. Based in La Jolla, California, Dr. Covington is co-director of the Institute for Relational Development and the Center for Gender & Justice, which seeks to expand gender-responsive policies and practices for individuals under criminal justice supervision.

Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology, and she is a former chair of the Women's Committee of the International Council on Alcoholism and Addiction. She is a board-certified Diplomate of the National Association of Social Workers and the American Board of Sexology and is a member of the American Association of Marriage and Family Therapy and the American Psychological Association.

Among the many articles and books written by Dr. Covington are: *Awakening Your Sexuality: A Guide for Recovering Women*; *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*; and *Women and Addiction: A Gender-Responsive Approach*. Her newest publication is *Hidden Healers: The Unexpected Ways Women in Prison Help Each Other Survive*. She also has published gender-responsive and trauma-informed programs that include training manuals for professionals and complementary materials for participants, including the following:

- *A Woman's Way through The Twelve Steps*
- *A Young Man's Guide to Self-Mastery* (co-authored with Robert Rodriguez)
- *Becoming Trauma Informed: A Training Program for Correctional Professionals* (U.S., Canadian, and UK versions)
- *Beyond Anger & Violence: A Program for Women*
- *Beyond Trauma: A Healing Journey for Women*
- *Beyond Violence: A Prevention Program for Criminal Justice-Involved Women*
- *Exploring Trauma+: A Brief Intervention for Men and Gender-Diverse People* (co-authored with Shane Pugh and Robert Rodriguez)
- *Healing Trauma+: A Brief Intervention for Women and Gender-Diverse People* (co-authored with Eileen Russo)
- *Helping Men Recover* (co-authored with Dan Griffin and Rick Dauer; also with a special edition for the justice system)
- *Helping Women Recover: A Program for Treating Addiction* (with a special edition for the criminal justice system)
- *Moving from Trauma-Informed to Trauma-Responsive: A Training Program for Organizational Change* (co-authored with Sandra Bloom)
- *Voices: A Program of Self-Discovery and Empowerment for Girls* (co-authored with Kimberley Covington and Madeline Covington)

For a list of Dr. Covington's recent articles, and descriptions of her current seminars for professionals, visit: www.stephaniecovington.com and www.centerforgenderandjustice.org.