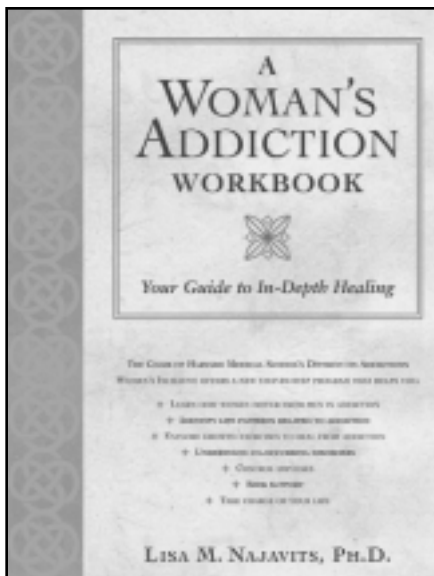


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We are pleased to announce the publication of . . .



A
W O M A N ' S
A D D I C T I O N

Your Guide to In-Depth Healing

Lisa M. Najavits, Ph.D.

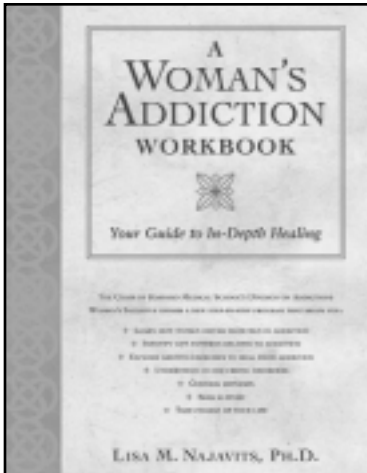
This breakthrough new treatment approach by a Harvard psychologist and trauma and addiction expert offers a step-by-step program to help women overcome the often-overlooked core problems that drive their drug and alcohol addictions.

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

A WOMAN'S ADDICTION WORKBOOK
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“THIS EXCELLENT WORKBOOK is an important contribution to the self-help literature. Its ideas, stories, and resource lists create a comprehensive framework that will be very helpful to women struggling with addiction. Dr. Najavits combines her strong clinical skills with compassion, respect,

–Stephanie S. Covington, Ph.D., LCSW, author of *A Woman’s Way Through the Twelve Steps* and *Helping Women Recover*:

Women and girls are now becoming addicted at greater rates than at any other time in history-and until very recently women in recovery were dependent on treatment models based solely on work with men.

Harvard addiction and trauma expert Lisa Najavits contends that women often stay addicted because of core, untreated problems that underlie their addiction. Najavits has now developed a breakthrough new treatment model for women based on specific factors underlying women's addiction and on elements vital to their recovery. In this strengths-building workbook, women pinpoint their core problems and take steps to come to terms with their personal addiction stories. Through exercises that help them overcome these deep-seated problems and break the cycle of "using to forget," readers begin to build newfound strengths and self-respect and go on to learn how to tolerate distress, endure being alone, reach out to others, express needs, and set boundaries. A final chapter offers advice on getting help and a directory of recovery options.

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Suggested Interview Questions for

1. You say that there are key differences between women and men in addiction. What are some of them?
2. You mention some new treatment programs that are sensitive to women. What are they and how do they accommodate women's needs better?
3. Why are women more likely to develop health problems from addiction than men?
4. What are some things that women need to know in order to recognize and understand addiction?
5. What is dual recovery?
6. Your book includes a list of "keys to healing." What are some of them and why are they important?
7. Part Two of *A Woman's Addiction Workbook* is divided into four sections: "Healing Through Relationships," "Healing Through Beliefs," "Healing Through Action," and "Healing Through Feelings." Let's start with the first one. How can a woman heal through relationships?
8. In "Healing Through Beliefs" you suggest a number of "growth exercises." Can you describe one or two of them and explain what they tell us about the affect of beliefs on healing?
9. In "Healing Through Action" you introduce the practice of "extreme self-care." What is this and why do you recommend it?
10. What do you mean by "healing through feelings" and how is this beneficial to women striving to overcome addiction?

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About the Author of

A Woman's Addiction Workbook

LISA M. NAJAVITS, PH.D., is Associate Professor in the Department of Psychiatry at Harvard Medical School, Director of the Trauma Research Program in the Alcohol and Drug Abuse Treatment Center of McLean Hospital in Belmont, Massachusetts, and the Chair of the Women's Initiative of Harvard Medical School's Division on Addictions. Dr. Najavits has received, as principal investigator, four National Institutes of Health research grants, including an Independent Scientist Career Award from the National Institute on Drug Abuse and three grants for treatment outcome studies on posttraumatic stress disorder and substance abuse. Author of the book *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002) and more than 60 professional publications, she is on the advisory boards of *Psychotherapy Research*, the *Journal of Traumatic Stress*, and *Clinical Psychology: Science and Practice*. Dr. Najavits is past-president of the New England Society for Behavior Analysis and Therapy and was the recipient of the Chaim Danieli Young Professional Award of the International Society for Traumatic Stress Studies in 1997, and the Early Career Award of the Society for Psychotherapy Research in 1998. She is a licensed psychologist who conducts a psychotherapy practice in Massachusetts. Her major clinical and research interests include substance abuse, posttraumatic stress disorder, women's mental health treatment, and psychotherapy outcome research.

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What's Been Said About

A Woman's Addiction Workbook

"A terrific and much needed book! Over the last decade, rates of addiction have steadily climbed among women. This book speaks directly to the hearts and minds of women experiencing addiction problems. It successfully balances a gentle, nurturing approach with scientifically grounded, highly informative content. The workbook is filled with motivational exercises that work well across different types of addiction, recovery stages, and life experiences. It's a wonderful contribution."

—**Mary E. McCaul, Ph.D.**, Professor of Psychiatry,
Johns Hopkins School of Medicine; Director,
Johns Hopkins Hospital Comprehensive Women's Center

"In this clear, useful, and empowering book, Dr. Najavits deftly explores the broad range of issues related to women's sobriety, including self-care, healthy relationships, trusting one's inner wisdom, and the ability to stand firmly in the center of one's power. Through helpful information and detailed exercises, she offers a map that leads to maintaining sobriety and living a full life."

—**Charlotte Sophia Kasl, Ph.D.**, author of
Many Roads, One Journey

"This is a wonderful book for any woman seeking to explore an addiction problem. It is a practical guide for looking inward that is both heartfelt and straightforward. Drawing on her extensive professional experience, Dr. Najavits offers a holistic approach to help women explore all aspects of their lives. The book is valuable as a self-help guide and also as a resource for clinicians seeking to enhance their clients' treatment experience."

—**Joan E. Zweben, Ph.D.**, Clinical Professor
of Psychiatry, University of California San Francisco;
Executive Director, East Bay Community Recovery Project,
Oakland, CA

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