

GROUP FEEDBACK from discussion “Of Women and Men”

June 1, 2010 - Addictions Ontario Annual Conference

Some programming/resources of benefit to gender specific groups

- Stephanie Covington Women’s Way Through 12 steps A Feminist re-interpretation of the 12 steps
- Julia Cameron—The Artist’s Way (for men or women or mixed)
- Charlotte Kasl Many Roads, One Journey
- Art Therapy
- Community Kitchen
- Men’s Health “The Can Guy” article

Observed Benefits/Challenges of Gender Specific Groups

- Common ground—relational
- Removes 1 distraction
- Create healthy support network
- Emphasis on roles
- Relationship with self + reflected in own gender
 - Ie. “don’t relate to other females”
- Therapeutic environment for GS concerns-trauma, where their use took them
- Challenges—GS facilitators?

Gender Specific Group Discussions Worksheet Examples of GS groups offered:

Psycho-education: Drug education, Healthy Lifestyles, Medications

Skill Building: Cooking, DBT, Drug Refusal, Seeking Safety, Stages of Change

Cog Behaviour: Mind over Mood, Impulse Control

Support: Family Group

Interpersonal Process: Healthy Relationships

Relapse Prevention: Relapse Prevention