



*Draft Outline for 12-Week Women's Program Topics: 'On Being A Lady'*

1. *Defining My Womanhood (let's talk about being a woman)*
  - a. *What is the role of a woman in your family, community, etc.?*
  - b. *In what way/s has substance abuse impacted your role as a woman?*
  - c. *Stigma?*
2. *Relationships*
  - a. *First relationships i.e. with mother, father, siblings, etc.*
  - b. *Learned patterns*
  - c. *Trust and lack of trust*
3. *Managing Emotions*
  - a. *Women and Feelings (Expressions and Suppressions of Anger, Rage)*
  - b. *Where does all the anger come from?*
4. *Family Dynamics*
  - a. *Family Roles and Expectations*
  - b. *I am my mother's daughter*
  - c. *Secrets and Shame in the family*
  - d. *Parenting*
5. *Assertive Skill Building*
  - a. *Aggressive vs. Assertive*
  - b. *From Passiveness to Assertiveness*
  - c. *Saying "No"*
  - d. *Boundaries*
6. *Dual Diagnosis and Women*
  - a. *Common Diagnosis and Symptoms in Women*
  - b. *Psychotropic Medication-Pros and Cons*
  - c. *Stigma*
7. *Health and Wellness (A Big Part of a Woman's Recovery Planning)*
  - a. *Woman Health Screenings*
  - b. *Nutrition and Exercise*
  - c. *Obesity and Recovering Women*
  - d. *Birth control*
8. *Women and Sexual Abuse*
  - a. *Subliminal and Overt Messages to Baby Girls*
  - b. *Sexual Abuse and Exploitation*
  - c. *Incest*
  - d. *Sexual Addiction in women*
9. *Woman and Sex*
  - e. *Sex vs. Intimacy*

- f. *Sex and emotions*
- g. *What is Healthy Sexy?*
- 10. *Other Women*
  - a. *What's behind the words "I don't like women."*
  - b. *My Mother, My sisters and Me*
  - c. *Trusting and Bonding*
- 11. *Co-Dependency*
  - a. *Defining The Term*
  - b. *What are the Behavioral Symptoms*
  - c. *Taking Care of Others without forgetting about Me*
- 12. *Culture and Substance Abuse*
  - a. *The Impact of culture on women with chemical dependency*
  - b. *Socioeconomic background and substance abuse*
  - c. *Ethnicity and substance abuse - attitudes effecting treatment*
- 13. *Self-Esteem and Recovery*
  - a. *Identifying Low Self Esteem thru Behavior*
  - b. *The Healing Process*
- 14. *Becoming a self-sufficient woman*
  - a. *Learning how to budget*
  - b. *Self-sufficient goals (educational, vocational, housing, etc.)*
  - c. *Community Resources*
- 15. *What is spirituality?*
  - a. *The Process of Restoring Sanity*
  - b. *Religion Vs. Spiritual*
- 16. *Conflict Resolution*
  - a. *Resolving the conflict within self*
  - b. *Irrational and excessive conflict in relationships*
  - c. *Conflict prevention and intervention strategies*
- 17. *What Recovering Women Think About Men*
  - a. *My first love affair-my father (messages received)*
  - b. *Characteristics of a good father?*
  - c. *The impact of an absent father on girls*
  - d. *Characteristics of a good man*
  - e. *The impact of relationships with using men*
  - f. *Etc. etc. etc.*