

# Application

*I wish to attend Tabor Lodge Annual Seminar  
"Beyond Trauma – A Healing Journey for Women"  
at Carrigaline Court Hotel on May 21st and 22nd.*

Name .....

Position .....

Company Name .....

Address .....

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Tel: .....

Email: .....

A subsidy is available for participants who are affiliated to Cork City Partnership. The cost of €200 includes lunch and tea/coffee each day.

Closing date for applications is Friday May 16th 2008

**Return with full payment to:**

**Administrator**

**Tabor Lodge**

**Ballindeasig, Belgooly, Co. Cork**

**Tel: 021 4887110. Fax: 021 4887377**

**Email: [taborlodge@eircom.net](mailto:taborlodge@eircom.net)**

**Website: [www.taborlodge.ie](http://www.taborlodge.ie)**

# Tabor Lodge

Tabor Lodge is a Voluntary Residential Rehabilitation Centre for the treatment of persons addicted to Alcohol, Drugs, Gambling, Food and other addiction. It is situated fifteen miles south-west of Cork City.

Tabor Lodge was established by the Sisters of Mercy in 1989 to alleviate the damage and distress caused by addiction in the Cork area. Tabor Lodge provides Continuing Care and Family Programmes as well as Public and Closed Seminars.

Admission to the Treatment Programme is by prior assessment and by appointment only. Patients may be referred by Self, Doctor, Family or Employer. Involvement of family and/or concerned person is an integral part of each patient's programme.

Tabor Lodge is approved by VHI, Quinn Healthcare and VIVAS.

## Services Provided

- RESIDENTIAL TREATMENT
- CONTINUING CARE PROGRAMME
  - ASSESSMENT
  - FAMILY PROGRAMMES
  - SEMINARS
- INTERVENTION SUPPORT

# Tabor Lodge

## Annual Seminar 2008

# BEYOND TRAUMA A Healing Journey for Women

With

## Stephanie Covington

Ph.D., LCSW

### Carrigaline Court Hotel

Wednesday and Thursday

May 21st and 22nd. 9.30 am – 4.30 pm

Cost: €200

Contact information and booking details

**Tel: 021 4887110**

Email: [taborlodge@eircom.net](mailto:taborlodge@eircom.net)



# Stephanie Covington

*Ph.D. LCSW*



Dr Covington presented Tabor Lodge Annual Seminar in 2006 focusing on women and the family in addiction. Now she returns to focus on the issue of trauma as a complicating factor in women's healing journey.

She is a clinician, author, organizational consultant and lecturer. Recognised for her pioneering work in the area of women's issues, Dr Covington specializes in the development and implementation of gender responsive services in both the public and private sectors.

She has served on the faculties of the University of Southern California, San Diego State University and the California School of Professional Psychology. She is a former chair of the women's Committee of the International Council on Alcoholism and Addiction.

For further information visit [www.stephaniecovingto.com](http://www.stephaniecovingto.com).

## Seminar Overview

While research and clinical experience indicate a high incidence of co-occurring disorders in women's lives, counselors and clinicians often struggle with the realities of providing treatment.

This seminar is based on a woman-centered trauma treatment curriculum, Beyond Trauma, designed for use in outpatient and residential settings for women with histories of substance abuse and trauma.

Cognitive-behavioural techniques, expressive arts and principles of relational therapy are integrated in this strength-based approach.

This seminar also has a psycho-educational component that teaches what trauma is, its process and its impact on both the inner self (thoughts, feelings, beliefs and values) and the outer self (behaviour, and relationships, including parenting).

The training also includes interactive exercises that demonstrate techniques that counselors can use to help clients develop coping skills as well as emotional wellness.

## Objectives

1. Understand historical background of trauma
2. Explore the connection between addiction, trauma and mental health
3. Discuss gender differences
4. Explicate the process of trauma
5. Provide specific treatment interventions

## Topics Covered

- Developing gender responsive services
- Trauma-informed services
- Triggers and retraumatization
- Grounding and dissociation
- Secondary traumatic stress

## Who Should Attend

Counselors  
Addiction Counselors (and all in drug, alcohol field who work with women)  
Social workers  
Psychologists  
Programme administrators  
Clergy  
Criminal justice professionals

## Methods used

Lecture, Powerpoint, Experiential Exercises  
Demonstrations, Role Plays and Q and A

