




September 29 - October 1, 2026 in Bristol, Connecticut, USA
www.covingtonconference.com

Develop Practical Skills and Effective Strategies

Join leading professionals in addiction treatment, mental health, corrections, education, and community-based services for an immersive learning experience with Dr. Stephanie S. Covington. Her evidence-based curricula offer practical, research-backed approaches to treatment and staff development that you can apply directly within your organization. Discover why best practices are essential for addressing addiction and trauma, and learn how to integrate these principles effectively in both individual and group settings. Connect with clinicians and colleagues from across the country and around the world, gaining valuable insights from Dr. Covington and an esteemed panel of certified trainers.

Day 1	Day 2	Day 3
<p>Opening Session: <i>Creating Healing in an Uncertain World</i> by Dr. Covington</p> <p>Select your Core Curriculum Track:</p> <ul style="list-style-type: none"> • <i>Helping Women Recover</i> • <i>Beyond Trauma</i> • <i>Voices: A Program of Self-Discovery and Empowerment for Girls</i> • <i>Beyond Violence+/Beyond Anger and Violence</i> • <i>Helping Men Recover</i> <p>Evening Session: <i>Hidden Healers: Justice-Impacted Women</i> by Dr. Covington</p>	<p>Continue your Core Curriculum Track from Day 1</p>  <p>Evening Session: <i>A Woman's Way through the Twelve Steps</i> by Dr. Covington</p>	<p>Select your Specialized Topic:</p> <ul style="list-style-type: none"> • <i>Awaken Your Sexuality</i> • <i>Healing Trauma+ and Exploring Trauma+</i> • <i>A Young Man's Guide to Self-Mastery</i> • <i>The Trauma-Informed Effective Reinforcement (TIER) System</i> <p>Closing Session <i>Endings....and New Beginnings</i> by Dr. Covington</p>

REGISTER

\$495 Early Bird Registration Rate
 Full rate after August 1, 2026 is \$545

[REGISTRATION NOW](#)

Space is Limited
 Earn NAADAC and Social Work CEs

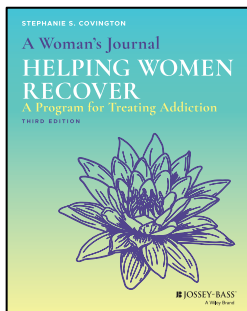
LOCATION

DoubleTree by Hilton Hotel Bristol
 42 Century Drive
 Bristol, CT 06010 USA

Special Conference Rate of \$199 per night

[BOOK HOTEL ROOM](#)

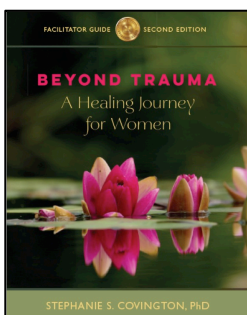
Learn more and register today!
www.covingtonconference.com
Core Curriculum Options
(Days 1 & 2, pick one option)



[Helping Women Recover: A Program for Treating Addiction](#)

20-session intervention for women with substance use disorders

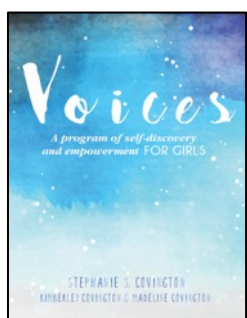
Designed to give counselors, clinicians, and program administrators a basic understanding of the essential elements needed for the development of gender-responsive programs, the training focuses primarily on recovery. The emphasis is on the key issues of self, relationships, sexuality, spirituality, and the trauma-informed therapeutic techniques for dealing with these issues. (Both the community version and the criminal justice version are discussed)



[Beyond Trauma: A Healing Journey for Women](#)

12-session trauma intervention for women

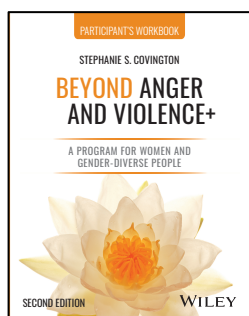
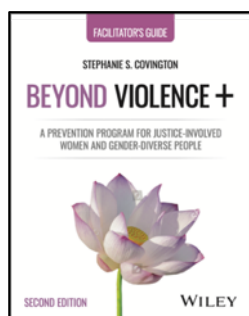
The second edition incorporates the insights of neuroscience with the latest understanding of trauma and PTSD to assist both new and seasoned group leaders. Cognitive-behavioral techniques, mindfulness, expressive arts, and the principles of relational therapy are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the other self (behavior and relationships, including parenting).



[Voices: A Program of Self-Discovery and Empowerment for Girls](#)

18-session intervention for girls and young women

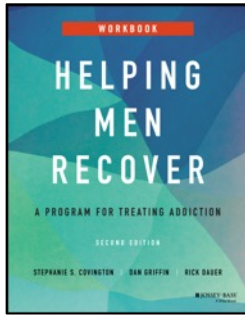
This training describes the world of girls, as well as provides an overview of the elements needed for creating gender-responsive services. It was created to address the unique needs of youth with modules about self, connecting with others, exploring healthy living, and the journey ahead. Today we are hearing more about bullying, the pressures of social media, gender diversity, early puberty, human sex trafficking, and binge drinking. Texting, social media, and online or “in real life” (IRL) friends are part of the changes in their social lives.



[Beyond Violence+ / Beyond Anger and Violence+](#)

26-27 session interventions for women with anger and violence

The training is designed to explain and explore the topics of anger and violence on multiple levels: the personal level; the relationship level, including anger and violence directed toward them; the intersections of anger, violence, and substance use; and the effects of anger and violence in our communities and society at large. This is an interactive training that integrates the evidence-based practices of cognitive-behavioral, relational, mindful, and expressive-arts therapeutic techniques into a holistic approach to anger and violence prevention.



[Helping Men Recover: A Program for Treating Addiction](#)

18-session intervention for men with substance use disorders

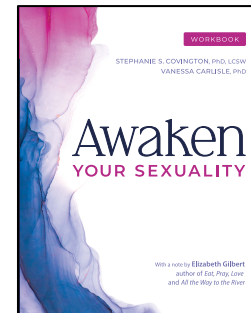
The curriculum addresses what is often missing in prevailing treatment models: a clear understanding of the impact of male socialization on the recovery process, a consideration of clients' relational needs, and a focus on the issues of abuse and trauma. Existing models often provide little direction in helping those to establish a healthy sense of self outside of stereotypical masculine scripts. In contrast, this is one of the primary goals of *Helping Men Recover*. It is suitable for those who have a masculine experience of the world. *Helping Men Recover* integrates a theory of addiction, a theory of trauma, and a theory of male psychosocial development. (Both the community version and the criminal justice version are discussed)

Specialized Topic Options (Day 3, pick one option)

[Integrating Sexuality into Recovery from Addiction and Healing from Trauma](#)

Staff and Client Development

Women recovering from addiction and trauma who seek to reconnect with their sexual selves deserve up-to-date information about sexual health and pleasure, examples drawn from the issues of today, and inclusive language reflecting diversity. Vanessa Carlisle, PhD, joins Dr. Stephanie S. Covington as co-author to amplify the wisdom of the original text and introduce fresh insight. Drs. Covington and Carlisle weave new research with accessible narratives from composite case studies in a down-to-earth, practical guide bolstered by both of their lived experiences in recovery.

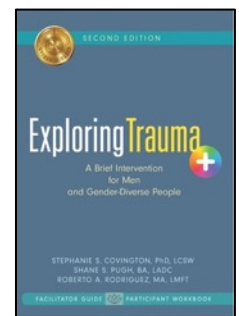
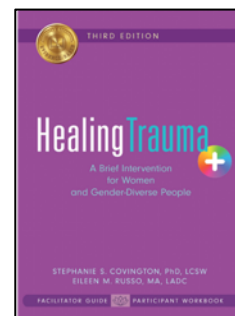


[Healing Trauma+](#) and [Exploring Trauma+](#):

Brief Interventions for Women, Men, and Gender-Diverse People

6-session trauma interventions

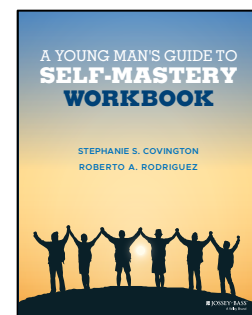
These two interventions focus on the three core concepts that both staff and clients need to understand: trauma, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships). Topics include: the process of trauma, power and abuse, grounding and self-soothing, and healthy relationships. (Reproducible materials on a flash drive)



[A Young Man's Guide to Self-Mastery](#)

14-session intervention for Boys and Young Men

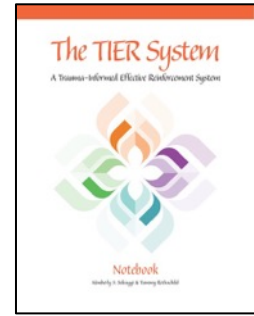
The typical adolescent male is caught up in a maelstrom of hormonal, social, and cultural shifts that would be difficult to deal with even in ideal conditions. Chances of atypical or disordered development increase exponentially in the midst of troubling experiences. This can lead to trouble in critical thinking, trouble in reconciling emotional events, and antisocial behavior. This introductory session is based on the trauma-informed curriculum, *A Young Man's Guide to Self-Mastery*.



[The Trauma Informed Effective Reinforcement \(TIER\) System](#)

Staff Development

The TIER System is a research-based and trauma-informed alternative to compliance-focused behavior management systems in residential and custodial settings. This introductory training will present this program model in which personal and program safety is developed by reinforcing positive, safe behaviors through innovative, relational, trauma-informed, and strength-based practices. The TIER System is not built on teaching compliance but on teaching people meaningful skills so they may individually contribute to a safe environment.



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