

The Women's Program - Focusing On Transformation In Early Recovery

We know that key concerns for women in early recovery include relationships, self-care, and developing a safe community of support for networking and recovery. Women have individual needs, and their work in treatment at Pavillon reflects that specialization. We use experiential therapy, family sculpting, art in therapy, yoga and Tai Chi, exercise and weekly outings to help women regain themselves and heal. The work on women's issues centers around topics such as empowerment, boundaries, codependency and relationship issues, shame, and grief. Natural and healthy coping skills are emphasized – skills that can also be used universally with or without others.

Relationships are vital to women, and are crucial for women in early recovery. At Pavillon, women gain an understanding of relationship dynamics, family systems, and how to transform both self and their family systems. We treat the whole person, focusing on the unique biopsychosocial needs of each woman. The whole person is involved in treatment, and the whole person enters recovery. We want this process to involve a transformation in the woman's relationships. This process allows the entire social support system to enter into recovery.

To make this happen, the women's team works closely together as a supportive system providing compassionate accountability and promoting discovery, healing and recovery for each woman in treatment.

We know that trauma is an important factor in early recovery and relationships. Our women's program focuses on important topics of: emotional self-regulation, self-soothing, self-care, and emotional safety. Promoting care for self and self-nurturing are vital components of our women's transformation track. As part of this self-discovery, the women are able to participate in activities promoting self-care.

The women's program at Pavillon addresses each woman with mind, body and spirit in focus – treating the whole person and helping each woman onto the road to healing, recovery and transformation into or back to a life of fullness.