

# A MATTER OF LIFE AND DEATH

Why the Discourse Around Twelve Step Recovery and Women Needs to Change

The Retreat and She Recovers CE Event



**SHERECOVERS**<sup>®</sup>  
FOUNDATION

Join The Retreat and She Recovers for a special and important CE event!

Friday, September 22nd, 2023. 9-10:30am CST (1.5 CEUs). In-person at Wayzata Community Church, 125 Wayzata Blvd, Wayzata, MN 55391. Or you can join us virtually vis Zoom.

## SOLUTION

How and to what degree women\* have accessed recovery for their substance use challenges has changed significantly over the past several decades. Whereas in the past, there was generally one pathway recommended (Twelve Step), in this 21st century the concept of a recovery patchwork continues to gain attention and traction. Unfortunately, and to the recovery movement's great detriment, as the number of other and newer recovery options has grown, so too has a deep tension and polarity between the 'multiple pathway' and the 'Twelve Step' approaches. In this presentation, Dr. Nickel emphasizes an important truth: no one group, organization, or program has a monopoly on healing, and individuals and professionals in recovery have a responsibility to acknowledge that modalities that might not work for one person may well save another person's life. Those of us living and working in the recovery space need to evolve towards unity, not uniformity.



### DR. DAWN NICKEL

Founder of She Recovers

Dr. Dawn Nickel is a respected thought leader in the women's recovery sphere and (along with her daughter Taryn Strong) the Founder of SHE RECOVERS Foundation, a nonprofit charity whose mission is to redefine recovery, inspire hope, end stigma and empower women in or seeking recovery from substance use, trauma, mental health issues and related life challenges to increase their recovery capital, heal themselves and help other women to do the same. Dawn is a Certified Professional Recovery Coach, with a PhD and professional experience related to women and health care policy. In her work as a researcher and consultant, Dawn has focused largely on exploring how best to support women who experience substance use disorders, mental health issues and intimate partner violence, the three issues that prompted Dawn to start her own personal recovery journey in 1987.

## BENEFITS

- Explore the concept of 'individualized recovery patchworks' for women
- Understand how Twelve Step recovery can be empowering and transformative for many women, but not work for others
- Explore the harm perpetuated when 'multiple pathway' proponents dismiss Twelve Step recovery as a recovery option
- Consider 'steps' that recovering individuals, professionals and programs can take to create a more unified recovery ethos

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virtually



\*For the purposes of this presentation "women" Includes women-identifying individuals and non-binary persons who identify with women's communities.