



Views From
A TreeHouse, LLC.

HELPING WOMEN IN RECOVERY LEAD HEALTHY SEXUAL LIVES

Sexuality...

A Common Trigger for Relapse, and an
Important Component in Women's Recovery

“Germaine Boswell Tizzano’s curriculum, *Sanctuary for Change: A Sexual Health Program for Women in Recovery*, addresses an important aspect of women’s recovery – sexuality. This topic is often ignored in traditional treatment, yet it is a common trigger for women’s relapse. This curriculum helps women to come together to share and talk about their feelings, experiences, and challenges regarding their sexual health. This is a contribution to the addiction field.”

Stephanie S. Covington, Ph.D., LCSW

Author: *A Woman's Way through The Twelve Steps*

Sexual health for women in recovery involves providing them with opportunities to reclaim their right to a healthy sexual self, and feel good about themselves, their bodies, and their capacity to have healthy, non-exploitive and non-coercive sexual and intimate relationships. Giving women permission to talk about their sexuality without judgment, shame, and/or guilt provides them with a safe haven to discuss past sexual behaviors and choices. It bridges the gap between sexuality and recovery and enhances women's ability to remain sober.

An effective tool on the market today for addressing women’s sexual health challenges is Dr. Germaine Tizzano’s unique training curriculum, **Sanctuary for Change**. The curriculum is structured, comprehensive, and detailed to help professionals facilitate discussions on sexuality and barriers to healthy sexual choices for women who have been impacted by trauma and substance abuse. Providers who follow this program can become more comfortable and prepared to support women’s exploration of their sexuality.



An Innovative and Engaging Program to Help At-Risk Women with Sexual Recovery

Sanctuary for Change

About the Author

Germaïne Boswell Tizzano, Ph.D.
President and Founder



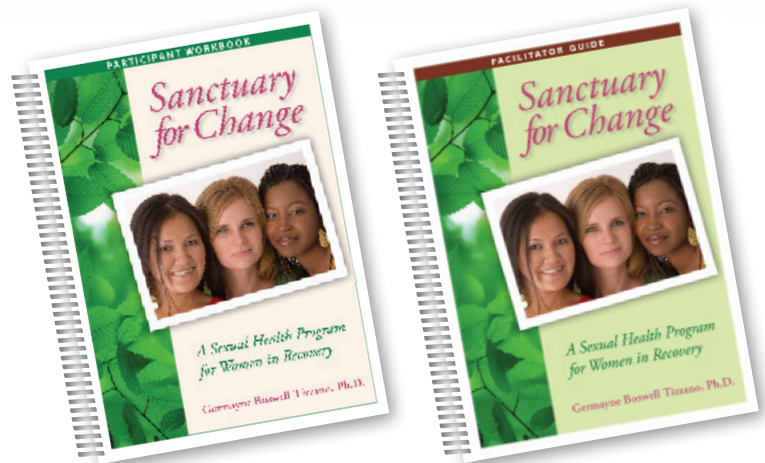
Germaïne Tizzano challenges her audience to think “outside the box” through cognitive and creative activities specially designed for introspection and self-disclosure, while

ensuring safeguards and options for participating within one’s comfort zone.

As Dr. Tizzano skillfully manages to inject occasional humor into the seriousness of her subject matter, she never loses sight of the need to foster compassion, empathy, sensitivity, and awareness in her learning environment.

For further information about workshops, programs, and other services offered by **Views From A Tree House, LLC.**, contact: germaïne@viewsfromatreehouse.com

A comprehensive curriculum designed to help at-risk women make informed choices about their sexual health. It includes a **Facilitator Guide** and an accompanying **Participant Workbook**. Dr. Tizzano has packaged insights and common sense that she has culled through years of teaching women who have been affected by trauma.



Sanctuary for Change makes astute recommendations toward empowering participants to grow spiritually and in unity. The curriculum is distinctive in its compassionate and holistic approach to help women come together to help, share, and trust one another, and talk about their feelings, experiences, and challenges regarding their sexual health.

This pivotal program will impart to participants the essential skills of positive body image, boundary setting, assertiveness, risk reduction, refusal, and negotiation skills to make them stronger and more confident in controlling their lives and claiming their sexual rights.

To order **Sanctuary for Change**, go to:

ViewsFromATreehouse.com

