
Practical Approaches in the Treatment of Women Who Abuse Alcohol and Other Drugs

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Rockwall II, 5600 Fishers Lane
Rockville, MD 20857

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“When a woman is unconscious about her starvation, about the consequences of using death-dealing vehicles and substances, she is dancing, she is dancing. Whether these are such things as negative thinking, poor relationships, abusive situations, drugs or alcohol—they are like the red shoes, hard to pry a person away from once they’ve taken hold.”

“Yes there is pain in being severed from the red shoes. But it is our only hope. It is a severing that is filled with absolute blessing. The feet will grow back, we will find our way, we will recover, we will run and jump and skip again some day. By then our handmade life will be ready. We’ll slip into it and marvel that we could be so lucky to have another chance.”

Women Who Run With the Wolves, by Clarissa Pinkola Estés

This document is dedicated to women with substance abuse problems and to those who support them—

- women who, despite fear and uncertainty, have said “yes” to the journey of recovery - we wish them continued growth;
 - women who, because of fear, denial, and other obstacles, have not yet been released from the hold of addiction - we send them encouragement and support; and
 - the families, friends, and clinicians who have supported women in treatment with compassion, competency, and concern - we commend them.
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