

Mars and Venus Walk Into a Bar: Gender Differences in Stress and Substance Abuse

Rebecca A. Stanwyck, LCSW, BCD

Recent research has revealed that men and women tend to respond differently to stress. There are also gender differences in the prevalence and subjective experience of anxiety and depressive disorders. And while men are more likely to use and abuse drugs and alcohol, women are more severely affected by substance abuse.

Sex hormones have been found to play a role in the stress response - and as hormone levels change over our lifespan, the stress response as well as susceptibility to anxiety, depression and substance abuse are impacted. Awareness of these differences can improve your own well-being, as well as enhance your interpersonal skills with clients and colleagues.

This presentation meets the California State Bar criteria for 1 hour of MCLE credit on the prevention, detection and treatment of substance abuse.

COURSE OBJECTIVES:

- Understand the biological basis for behavioral differences in the way men and women respond to stress
- Find out why women are more likely to suffer health consequences from drinking
- Learn how chronic alcohol consumption can lead to premature aging
- Identify "best practices" (healthy habits) for drinking alcohol and managing stress



Rebecca A. Stanwyck, LCSW, is a psychotherapist, organizational consultant and trainer with over 20 years of experience solving behavioral problems in the workplace. She has taught CLE classes on substance abuse since 1995. She's been an Employee Assistance Program counselor and manager, a consultant to organizations on behavioral health issues, and has worked in the substance abuse treatment field. She has a private practice in the East Bay, specializing in addiction and recovery as well as depression, anxiety, stress and relationship counseling.

For more information or to schedule a presentation, contact Rebecca at:

(510) 881-2540 or
mail@rebeccastanwyck.com