2024 / Treatment Innovations / Lisa M. Najavits, PhD

**Outline and Objectives**

**Workshop on *Seeking Safety*** (following a short program)[[1]](#footnote-1)

**Title:** please choose one below

* *Successful implementation of Seeking Safety*
* *Making it work: Seeking Safety implementation*
* *Seeking Safety implementation strategies*
* *Implementing Seeking Safety for trauma and/or addiction*

**Intended audience**

Professionals, trainees, paraprofessionals, or peers in addiction treatment, mental health treatment, and allied areas such as nursing. *Note: this workshop is designed for those who have already attended an overview of Seeking Safety by Lisa Najavits or her associates, or had some prior training in Seeking Safety.*

**Summary of program content**

This workshop explores how Seeking Safety is implemented in clinical settings. Seeking Safety is an evidence-based model for addiction and/or trauma. It is present-focused, offering coping skills to help clients attain safety in their lives. It is highly flexible and designed for a wide variety of clients, clinicians, and settings. The workshop addresses frequently asked questions when implementing Seeking Safety; offers the opportunity to role-play a session in small group format; and explores topics such as adaptation of the model, how to combine it with other trauma and addiction treatments, and ways to make it as effective as possible. The workshop will be highly clinically-oriented, interactive, and allow ample time for questions.

**Educational objectives**

1. To learn frequently-asked questions in implementing Seeking Safety

2. To explore challenges that may arise when conducting Seeking Safety

3. To address clinical dilemmas in the treatment of trauma and addiction

4. To understand how a manual-based treatment is implemented

**Course outline**

1. Implementation strategies: how to help clients learn new coping skills; client and clinician selection criteria; group versus individual treatment; use with trauma processing models; changing the treatment based on length of stay; how to incorporate new members into a group; when should clients be dismissed from group.

2. Frequently asked questions (e.g., How can Seeking Safety be used for mixed-gender groups? teens? suicidal clients?; How can the clinician respond if a client brings up trauma details?).

3. Role-play: small-group exercise in which participants play either a clinician or client and try out the format and one topic of Seeking Safety.

4. Rehearse “tough cases”.

**Audiovisual (if an onsite training):** LCD projector; audio setup (to show video segments); microphone (any type is fine)

**Methods of instruction:** lecture, slides, video clips (if time allows), question/answer.

**References**

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Services *Treatment Improvement Protocol (TIP) Series*. Washington, DC: Department of Health and Human Services.

van der Kolk, B. A. (2015). *The body keeps the score: Brain, Mind, and Body in the healing of trauma*.

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1. For description of a short program, see www.seekingsafety.org, Training / Topics. [↑](#footnote-ref-1)