Lapointe, R (2010). Group intervention using the Seeking Safety model for military patients with posttraumatic stress disorder and substance abuse

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This study evaluated "Seeking Safety" with soldiers suffering from posttraumatic stress disorder (PTSD) and substance abuse (drugs and / or alcohol), using the French-language translation of the book. The issue of comorbidity between PTSD and substance abuse (drugs and / or alcohol) is very prevalent in the military. Seeking Safety had not previously been studied with French Canadian service members. All participants were military personnel within the Canadian Forces, with diagnosed PTSD related to war and substance abuse (drugs and / or alcohol). They all volunteered to participate in group therapy. It was a group of eight participants at baseline. The attendance rate was high. Two participants had drug problems; the others had alcohol problems. During this program, most participants had improvements in their states of posttraumatic PTSD and substance use (drugs and / or alcohol). Indeed, three soldiers completely stopped drinking alcohol during the program. All would have preferred a longer therapy; indeed, 14 weeks seemed too short a time.