Outline and objectives for *short program* (e.g., plenary, or panel as part of a conference)

Lisa M. Najavits, PhD

**Possible titles (choose one):**

Seeking Safety: An evidence-based model for trauma and/or substance abuse

The link between trauma and substance abuse

Numbing the pain: Trauma and substance abuse

The goal of this presentation is to describe current state-of-the art knowledge about the treatment of patients with trauma and substance abuse, a population that is typically considered complex, with multiple life challenges. We will cover background on trauma and substance abuse (including rates, the typical client, models and stages of treatment, and clinical dilemmas) and clinical Interventions for trauma and substance abuse, as well as resources for further learning. The *Seeking Safety* model will be highlighted as it is the most evidence-based model for trauma and substance abuse.

**Objectives:**

1. To review scientific literature on rates and presentation of trauma/substance abuse;
2. To increase empathy and understanding of trauma/substance abuse;
3. To describe Seeking Safety counseling strategies;
4. To provide assessment and treatment resources.

**References:**

Herman JL. Trauma and Recovery. New York, Basic Books, 1992.

Najavits, L. M., & Hien, D. A. (2013). Helping vulnerable populations: A comprehensive review

of the treatment outcome literature on substance use disorder and PTSD *Journal of Clinical*

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Kessler, R. C., Berglund, P., Demler, O., Jin, R., Merikangas, K. R., & Walters, E. E. (2005).

Lifetime prevalence and age of-onset distributions of DSM-IV disorders in the National

Comorbidity Survey Replication. *Archives of General* *Psychiatry, 62*(6), 593-602.

Najavits, L., & Cottler, L. (2014). TIP: Trauma-Informed Care in Behavioral Health Services

*Treatment Improvement Protocol (TIP) Series*. Washington, DC: Substance Abuse Mental

Health Services Administration (SAMHSA), Departmentof Health and Human Services.

Najavits, LM. Seeking Safety: A Treatment Manual for trauma and Substance Abuse. New York: Guilford, 2002.

Ouimette, P., & Read, J. P. (Eds.). (2013). *Handbook of Trauma, PTSD and Substance Use*

*Disorder Comorbidity*.Washington, DC: American Psychological Association Press.

Najavits LM, Abueg F, Brown PJ, Dansky B, Keane T, Lovern J. Videotapes by Cavalcade Productions. Nevada City, CA, 1998 [800-345-5530]:

Trauma and substance abuse I: Therapeutic approaches [*For professionals]*

Trauma and substance abuse II: Special treatment issues [*For professionals]*

Numbing the Pain: Substance abuse and psychological trauma [*For patients]*

**Audiovisual:**

LCD projector

Audio capacity (to play brief video segments from trainer’s computer)

Microphone

**Methods of instruction include:**

1. Lecture

2. Video segments related to treatment issues

3. Experiential exercises (e.g., role-play)

4. Question/answer discussion with participants