**1 day training on *Seeking Safety***

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

*Note*: you can replace the term “substance abuse” with “addiction” if desired. Addiction is a broader term that also encompasses behavioral addictions such as gambling.

**Trainer:** certified to provide this training by Lisa Najavits, the developer of *Seeking Safety*. To see or verify our list of certified trainers, please see www.treatment-innovations.org / About us / Team.Lisa supervises each trainer on each training, including preparation and materials. Slides, videos, and content are identical to those Lisa uses the trainer audiotapes all trainings (including the one at your site, if you allow it) so they can be reviewed for quality.

**Summary:** The goal of this presentation is to describe *Seeking Safety,* an evidence-based model for trauma and/or substance abuse (clients do not have to have both issues). By the end of the training day, participants can implement Seeking Safety in their setting if they choose to.*Seeking Safety* teaches present-focused coping skills to help clients attain safety in their lives. It is highly flexible and can be conducted in any setting by a wide range of clinicians and also peers. There are 25 treatment topics, each representing a safe coping skill relevant to both trauma and/or substance abuse, such as “Asking for Help”, “Creating Meaning”, “Compassion”, and “Healing from Anger”. Topics can be done in any order and the treatment can be done in few or many sessions as time allows. *Seeking Safety* strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage patients; attends to clinician processes; and provide concrete strategies to build recovery skills. In this training we cover (a) background on trauma and substance abuse (rates, presentation, models and stages of treatment, clinical challenges); and (b) overview of *Seeking Safety* including evidence-base*;* and (c) clinical implementation such as use of the model with specific popultations. Assessment tools and national resources are also described. Learning methods include powerpoint, video, exercises, role-play, and discussion. For more information on *Seeking Safety* see www.seekingsafety.org.

**Objectives:**

1. To review current understanding of evidence-based treatment of trauma and substance abuse
2. To increase empathy and understanding of trauma and substance abuse
3. To describe *Seeking Safety,* an evidence-based model for trauma and/or substance abuse
4. To provide assessment and treatment resources
5. To identify how to apply *Seeking Safety* for specific populations, such as homeless, adolescents, criminal justice, HIV, military/veteran, etc.

**References:**

Najavits, L.M. (2017). *Recovery from trauma, addiction or both: Finding your best self.* New York: Guilford.

Lenz, A. S., Henesy, R., & Callender, K. (2016). Effectiveness of Seeking Safety for co

occurring posttraumatic stress disorder and substance use. *Journal of Counseling &*

*Development, 94*(1), 51-61. doi:10.1002/jcad.12061

Najavits, L. M. (2015). Trauma and substance abuse: A clinician's guide to treatment. In M.

Cloitre & U. Schynder (Eds.), *Evidence-based treatments for trauma-related disorders*:

Springer-Verlag.

Substance Abuse Mental Health Services Administration (SAMHSA) (2014). TIP: Trauma

Informed Care in Behavioral Health Services *Treatment Improvement Protocol (TIP) Series*.

Washington, DC: Substance Abuse Mental Health Services Administration (SAMHSA),

Department of Health and Human Services.

Ouimette, P., & Read, J. P. (Eds.). (2014). *Handbook of Trauma, PTSD and Substance Use Disorder Comorbidity*. Washington, DC: American Psychological Association Press.

Herman, J. L. (1992). *Trauma and Recovery*. New York: Basic Books.

Najavits, L. M. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York: Guilford Press.

Najavits, L. M. (2007). Seeking Safety: An evidence-based model for substance abuse and trauma/PTSD In K. A. Witkiewitz & G. A. Marlatt (Eds.), *Therapist's Guide to Evidence Based Relapse Prevention: Practical resources for the mental health professional* (pp. 141-167). San Diego: Elsevier Press.

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 Psychology, 69*, 433-480.

**Audiovisual:**

 LCD projector

 Audio setup to play videos

 Microphone (any type is fine)

 Trainer will bring a laptop computer (but it is always a good idea to have a backup)

**Typical training day**

Please use any schedule you would like (longer, shorter, different breaks). A typical format is 9-4, with a one-hour lunch break and two fifteen-minute breaks (one mid-morning and one mid-afternoon). The schedule below assumes this typical format, but you can change it based on your scheduling.

Agenda:

Background on Trauma and Substance Abuse

and Overview of *Seeking Safety*

I. **Background** (9am to 10:30a, followed by 15 minute morning break)

1. Rates of trauma and substance abuse
2. Clinical presentations
3. Treatment challenges

4. Assessment and community resources

II. **Treatment** (10:45 to 12pm, forward by 1 hour lunch break)

1. Stages of treatment
2. Overview of *Seeking Safety*

III. **Video on trauma and substance abuse** (1pm to 1:30 pm)

IV. **More on *Seeking Safety*** (1:30p to 2:45p, followed by 15 minute afternoon break)

1. Evidence base

2. Specific interventions

3. Frequently asked questions

V. **Clinical demonstration** (3pm to 4pm)

1. Video demonstration of *Seeking Safety* topic, “Asking for Help” with real clients

2. Break into small groups and practice session, Asking for Help

3. “Tough cases”: discussion of clinical scenarios that may arise

© Najavits, 1996 (updated 2017), Treatment Innovations, Newton Centre, MA. Downloaded from www.treatment-innovations.org / Training