1/1/24 Treatment Innovations / Lisa M. Najavits, PhD

**Outline and objectives**

**Short program on *Seeking Safety*** (e.g., plenary, or panel as part of a conference)

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

**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 our [list](https://www.treatment-innovations.org/our-trainers.html). Lisa supervises each trainer directly, including preparation and oversight of training materials (slides, videos).

**Intended audience:** A broad range of staff from addiction, mental health, medical, and other programs, including those who directly treat clients, but can also include other staff (e.g., administrators, mental health aides, counselors, nurses, advocates), as well as trainees, peers, and people in recovery. No prior training nor professional degree is required.

**Summary:** The goal of this presentation is to describe *Seeking Safety,* an evidence-based model for trauma and/or addiction (clients do not have to have both issues). Anyone who attends 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 up to 25 treatment topics, each representing a safe coping skill relevant to trauma and/or addiction, 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. For a short program, we cover a brief overview of *Seeking Safety* and how it fits the larger context of trauma informed care and addiction treatment. Assessment tools and national resources are also provided. For more information on *Seeking Safety* see www.seekingsafety.org.

**Objectives:**

1. To describe current understanding of trauma, addiction, and their combination.
2. To increase empathy and understanding of trauma and addiction.
3. To briefly describe the Seeking Safety model.
4. To provide assessment and treatment resources.

**References:**

Black, C. (2018). *Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family*. Las Vegas: Central Recovery Press.

Briere, J. N., & Scott, C. (2014). *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and*

*Treatment (DSM-5 Edition)*. Thousand Oaks, CA: Sage Publications.

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

Herman, J. L. (2023). *Truth and Repair*. New York: Basic Books.

Krause, S. (2023). Adolescent Toolkit for Seeking Safety. See [www.seekingsafety.org](http://www.seekingsafety.org).

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

Najavits, L.M. (2019). *Finding Your Best Self: Recovery from Addiction, Trauma or Both.* New York: Guilford.

Najavits, L.M., Clark, H.W., DiClemente, C.C., Potenza, M.N., Shaffer, H.J., Sorensen, J.L., Tull, M.T.,

Zweben, A. & Zweben, J.E. (2020). PTSD/Substance Use Disorder Comorbidity: Treatment Options and

Public Health Needs. *Current Treatment Options in Psychiatry*, pp.1-15.

Najavits, L. M. (2022). Trauma and Substance Abuse: A Counselor's Guide To Treatment. In M. Cloitre & U.

Schynder (Eds.), *Evidence-Based Treatments for Trauma-Related Disorders* *(2nd edition).* Springer-Verlag.

Najavits, L.M. & Krause, S. (2023). Group Delivery of Seeking Safety for Trauma and/or Addiction. In *Group Approaches to Treating Traumatic Stress in Adults* (Ruzek, Yalch & Burkman, eds.). New York: Guilford.

Najavits, L. M. (in press). *Creating Change: A Past-Focused Treatment for Trauma and Addiction*. New York: Guilford.

Sherman, A. D. F., Balthazar, M., Zhang, W., Febres-Cordero, S., Clark, K. D., Klepper, M., Coleman, M., & Kelly, U. (2023). Seeking Safety intervention for comorbid post-traumatic stress and substance use disorder: A meta-analysis. *Brain and Behavior*, e2999.

Substance Abuse Mental Health Services Administration (SAMHSA) (2014). Trauma Informed Care in Behavioral Health

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*.

Penguin Books.

**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.

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