**1 day training on *Seeking Safety with a criminal justice focus***

**Title:** *Seeking Safety:* An evidence-based model for trauma and/or addiction– with emphasis on criminal

justice settings

**Trainer:** certified to provide this training by Lisa Najavits, the developer of *Seeking Safety*. To verify our certified trainers, please see our [list](https://www.treatment-innovations.org/our-trainers.html).Lisa supervises each trainer closely, including preparation and materials. Slides, videos, and content are identical to Lisa’s; and the trainer audiotapes trainings for quality review.

**Summary:**

The goal of this presentation is to describe [*Seeking Safety*](https://www.treatment-innovations.org/training.html)*,* an evidence-based model for trauma and/or addiction (clients do not have to have both issues). We will place special emphasis on criminal justice settings of all kinds, such as drug courts, probation, jails, prisons; and different security levels such as minimum and maximum. By the end of the training, 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 any provider as well as peers. There are 25 treatment topics, each a safe coping skill relevant to both 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; and provides 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 its evidence-base*;* and (c) clinical implementation, such as use of the model with criminal justice populations. Assessment and treatment resources are also provided. 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 trauma and addiction
2. To describe *Seeking Safety,* an evidence-based model for trauma and/or addiction
3. To identify how to apply *Seeking Safety* in criminal justice settings as well as adaptation to other client populations as needed.
4. To provide assessment and treatment resources

**References:**

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Schynder (Eds.), *Evidence-based treatments for trauma-related disorders* *(2nd edition).* Springer-Verlag.

SAMHSA (2014). Trauma Informed Care in Behavioral Health Services *Treatment Improvement Protocol (TIP)*

*Series*. Washington, DC: Department of Health and Human Services.

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Penguin Books.

**Audiovisual:**

(1) LCD projector; (2) audio setup to play videos; (3) microphone (any type). Note trainer will bring a laptop computer but it’s always good to have a backup.

**Typical training day**

Teaching time is 6 hours, so a typical format is 9a-4p, which includes a half-hour lunch break and two fifteen-minute breaks (one mid-morning and one mid-afternoon). Please feel free to let us know if you prefer to adjust the timing. The schedule below assumes this typical format, but you can change it based on your scheduling.

Agenda

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

1. Brief overview of trauma and substance abuse
2. Description of *Seeking Safety*
3. Stages of treatment
4. Relevance to criminal justice settings

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

1. Detailed focus on *Seeking Safety* topics
2. Assessment and community resources
3. Adaptations in criminal justice settings

III. **Video on trauma and substance abuse** (12:30pm to 1pm)

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

1. Implementation guidance

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

3. Break into small groups and practice “Asking for Help”

V. **More** (3pm to 4pm)

1. Evidence base

2. “Tough cases”: brainstorm clinical challenges that can arise

3. Next steps

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