

Theme Based Consultations (TBCs) for adult and adolescent treatment

We are happy to let you know of our Theme Based Consultation (TBC) series, which occur via Zoom or phone for your staff to help teach and reinforce learning about Seeking Safety.

Each consultation is one hour and has a theme but there is also a lot of opportunity for general questions and discussion. You can do as few or many of these consultations as you choose to, in any order. You can choose a schedule that works for you—monthly, bimonthly, or on an as-needed basis. You can also try one consultation and then decide if you'd like to book more. You can have as many attendees at the consultation as you choose as long as they are only from your agency and are not charged to attend; however, we recommend keeping the number to a level that allows for interaction among participants. Please note that the consultations cannot be recorded.

It's best if participants use Seeking Safety with at least one client (or role play a session with a colleague) between each consultation. However everyone is welcome to join regardless of their experience conducting the treatment.

We have two series: one relevant to both adults and adolescents and one solely on adolescents.

Theme Based Consultations relevant to adult and adolescent treatment

by Lisa Najavits

1. *Getting started with Seeking Safety (developing an action plan)*: This consultation is designed to help you dive in and make use of Seeking Safety in a user friendly way. Provides ideas to help you get started and discusses potential obstacles.
2. *Conducting the session*: This consultation provides strategies for conducting Seeking Safety. Topics include key treatment principles, preparation for sessions, and the structure and processes of Seeking Safety.
3. *Fun and games with Seeking Safety*. An important aspect of Seeking Safety is to make it fun and creative when possible, to help maintain clients' – and your own-- interest. This consultation offers options to bring the content alive in fun ways.
4. *Adapting Seeking Safety*: Seeking Safety is designed for maximum flexibility and adaptability. A major goal of this consultation is to support you in bringing your clinical wisdom, experience and personality into the Seeking Safety work while keeping fidelity to the model. This consultation will discuss many creative adaptations to Seeking Safety.
5. *Addressing trauma*: Trauma is one of the most important topics in Seeking Safety. This consultation provides ways to deepen the trauma focus while still addressing trauma in a nonthreatening, present-focused way. There is emphasis on using a trauma-informed lens to enhance Seeking Safety sessions.
6. *Focusing on addiction*: Substance use disorder and other addictions are a central focus of Seeking Safety. This consultation assists addresses aspects such as methods of recovery (abstinence, harm reduction, controlled use); meanings of addiction in the context of trauma; and how to increase motivation to work on addiction.
7. *Working with unsafe behavior*: Increasing safety is a major focus of the model. This consultation helps you increase clients' awareness of unsafe behavior, take harm reduction steps to address it and actively move toward safe behavior.
8. *Engaging clients*: It can be difficult to work with clients who appear unengaged (e.g., they don't want to be in treatment or stay silent during sessions). This consultation promotes strategies to empathically meet them where they are at and leverage their motivation.
9. *Adolescents (challenges and opportunities)*: Adolescents present challenges and developmental issues. This consultation explores creative ways to involve teens in Seeking Safety, including games, illustrations, music, puzzles and art work. (Note: see also the adolescent-specific series at the end of this document.)
10. *Older Adults (challenges and opportunities)*: Older adults bring very specific developmental concerns and life issues to treatment. This consultation discusses the challenges older adults experience in aging and how to use Seeking Safety to address these life issues.

11. *Tough cases*: This consultation offers an opportunity to explore how to work with challenging and complex clients when conducting Seeking Safety. It's helpful to bring in scenarios that you're struggling with, for discussion.
12. *Role play a session*: This consultation offers the opportunity for a counselor to role play a Seeking Safety session and obtain supportive feedback. It's best to identify in advance who will come prepared to do the role play.
13. *Fidelity (staying true to the model)*: The challenge of an evidence-based treatment is to avoid model drift. This consultation will assist you in understanding the key concepts of adhering to the model of Seeking Safety utilizing tools available on the Seeking Safety website.
14. *Sustaining Seeking Safety*. A key question with any model is how to sustain it over time. In this consultation we'll review how to engage new staff in Seeking Safety, building incentives for clients and staff, and how to grow with the model over time. We also briefly review certification options that promote quality assurance (but these are not required unless research is being conducted).
15. *Supervising Seeking Safety*. Learn strategies to help bring out the best in those who are conducting Seeking Safety (e.g., parallel process with the Seeking Safety format, identifying key pitfalls, staying supportive, fidelity monitoring, etc.).

Additional Theme Based Consultations relevant to adolescent-only treatment

by Summer Krause and Lisa Najavits

1. *General principles in conducting Seeking Safety with adolescents*: Adolescents can be more difficult to treat, have a higher need to be entertained, come from challenging home environments/families, operate from more of an emotional center, engage in power struggles and be less receptive to ideas generated by adults. This consultation will focus on general adaptation principles for maximizing the engagement of adolescents.
2. *Using the Adolescent Toolkit*. The *Seeking Safety Adolescent Toolkit (2023)* is a new resource for implementing SS with adolescents. It is an optional supplement, not a stand-alone model. We focus on how to use the Toolkit in conjunction with SS to engage adolescents via youth-specific handouts, activity options, adolescent examples, etc.
3. *Tackling adolescents' substance abuse and other unsafe behavior*: This consultation will focus on ways to use Seeking Safety for prevention, how to apply the Seeking Safety coping skills to various unsafe behaviors, methods to adapt materials to address adolescents who don't use substances and engage adolescents who are in the precontemplation stage of change and beyond. Resources are provided.
4. *Helping adolescents understand and recover from trauma using Seeking Safety*: This consultation provides strategies for using Seeking Safety to explain trauma and PTSD to adolescents, to navigate complex roles in working with traumatized minors, and to assist adolescents and their parent/caregivers in listening to the message behind their behavior and learning to cope. Resources will be provided.
5. *Working with parents / caregivers as part of adolescent Seeking Safety*: Adolescent work often involves working with caregivers as well. This consultation will provide methods for involving parents/caregivers in the Seeking Safety treatment and family resources to understand and assist adolescents' struggling with substance use and trauma-related symptoms.
6. *Adolescent special populations and "tough cases"*: Seeking Safety is implemented with adolescents in a wide variety of settings including juvenile justice, child welfare, schools, residential care, and youth agencies. Special populations may include homeless youth, gang-involved youth, youth in the child welfare system or aging out of foster care, and LGBTQ youth. This consultation focuses on creative adaptations for attendees' specific settings and rehearsal of Seeking Safety strategies with "tough" adolescent clients.

This information is downloaded from <https://www.treatment-innovations.org/tbcs--consults.html>

The [training](#) section of our website also has additional information on training.