***Seeking Safety* Implementation**

**Trainer.** The trainer is authorized to provide this training by Lisa Najavits, the developer of *Seeking Safety*. To see or verify our list of trainers, please see www.seekingsafety.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.

**Who can attend.** This implementation course is designed for people who have been conducting Seeking Safety and/or have had training in Seeking Safety training (e.g., a one day training or watching the training DVDs).

**Summary.** This training goes beyond the basic principles and format of Seeking Safety— it focuses on implementation methods to improve engagement and high-quality delivery of the model. Examples of topics addressed in this training include: how to ensure that trauma is addressed well (directly but also safely); adaptation of Seeking Safety (dos and don'ts); considerations for adolescent clients; therapeutic Seeking Safety games; how to respond to clients' unsafe behaviors; how clinicians can improve fidelity; cultural sensitivity; and how to sustain Seeking Safety.

**Objectives**

1) To review common implementation challenges and solutions in conducting Seeking Safety.

2) To identify ways to increase client engagement in Seeking Safety.

3) To learn "dos and don'ts" when adapting Seeking Safety for different populations.

4) To strengthen cultural sensitivity in delivering Seeking Safety.

**References**

Marsh, T. N., Cote-Meek, S., Young, N. L., Najavits, L. M., & Toulouse, P. (2016). *Indigenous Healing and Seeking Safety: A Blended Implementation Project for Intergenerational Trauma and Substance Use Disorders*. The International Indigenous Policy Journal, 7,, epub ahead of print.​​

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

New York: Guilford Press.

Najavits, LM (2009). *Seeking Safety: An implementation guide*. In A. Rubin & DW Springer (Eds). The Clinician's Guide to Evidence-Based Practice. Hoboken, NJ: John Wiley.

Najavits, LM, Schmitz, M, Johnson, KM, Smith, C, North, T, Hamilton, N, Walser, R, Reeder, K Norman, S, Wilkins, K. (2009). *Seeking Safety therapy for men: Clinical and research experiences.* In Men and Addictions. Nova Science Publishers, Hauppauge, NY.

**Audiovisual**

For onsite training:

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)

For telephone training: no special equipment needed

**Typical training day**

The schedule below is for an onsite training. The typical length is two days, each 6 hours (9a - 4p, with a half-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 – Day 1

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

1. Key principles in implementing Seeking Safety
2. Common pitfalls
3. Engagement and why it matters

II. **Adaptation for different populations** (10:45 to 12pm, forward by 1/2 hour lunch break)

1. Dos and don'ts of adaptation
2. Various populations (based on age, gender, trauma type, ethnic diversity, etc.)
3. Cultural sensitivity

**III. Challenges and opportunites (12:30 pm to 4 pm)**

1. Deepening the focus on trauma and/or addiction

2. Responding to unsafe behaviors

3. Keeping fidelity to the model

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