Outline and objectives for *short program* (e.g., plenary, or panel as part of a conference)

Lisa M. Najavits, PhD

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

**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). 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 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) an overview of *Seeking Safety*; and (b) key points on clinical implementation. Assessment tools and national resources are also provided. Learning methods include powerpoint, video, exercises, and discussion. For more information on *Seeking Safety* see www.seekingsafety.org.

**Objectives:**

1. To review scientific literature on rates and presentation of trauma/substance abuse;
2. To increase empathy and understanding of trauma/substance abuse;
3. To describe Seeking Safety counseling strategies;
4. To provide assessment and treatment resources.

**References:**

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Trauma and substance abuse I: Therapeutic approaches [*For professionals]*

Trauma and substance abuse II: Special treatment issues [*For professionals]*

Numbing the Pain: Substance abuse and psychological trauma [*For patients]*

**Audiovisual:**

LCD projector

Audio capacity (to play brief video segments from trainer’s computer)

Microphone

**Methods of instruction include:**

1. Lecture

2. Brief video segments related to treatment issues

3. Question/answer discussion with participants