2021 / Lisa M. Najavits, PhD

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​***Finding Your Best Self*: a new trauma/addiction model for self-help, family, peers and professionals**

This presentation will describe *Finding Your Best Self*, a new recovery model for trauma and/or addiction. Itcan be used as self-help, by family members, peers, as well as by counselors in group or individual format. It offers 36 short chapters, each addressing a specific facet of trauma and/or addiction. Examples include: *How do people change?; The world is your school; Listen to your behavior; Wish versus reality; Possible selves; The language of trauma and addiction; Social pain; Why trauma and addiction go together; Forgiving yourself; Body and biology; The culture of silence; How to survive a relapse; The decision to grow; Dark feelings (rage, hatred, revenge, bitterness); Imagination; Create a healing image.*Chapters can be done in any order and in as few or many sessions as time allows. It is a flexible model for any client, in any setting. It is an entirely separate model from *Seeking Safety*, although it is similar in that it strives to increase hope, offers exercises; and provides practical recovery skills. It is different in that it offers new content, shorter chapters, "recovery voices" (personal accounts by diverse people in recovery), and was designed as self-help as well as led by a facilitator.

**Objectives**

1. Describe current understanding of trauma, addiction, and their combination
2. Identify how to use the book topics in counselor-led format
3. Describe how to engage clients in book topics based on their clinical needs
4. Address the importance of adaptation with respect to the culture
5. List key principles of the model
6. Identify how topics relate to phase-based treatment for trauma and/or addiction
7. Provide resources for trauma and addiction

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