**1 day training on *Seeking Safety***

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

*Note*: you can replace the term “substance abuse” with “addiction” if desired. Addiction is a broader term that also includes behavioral addictions such as gambling.

**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 those Lisa uses; 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 substance abuse (clients do not have to have both issues). 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 a wide range of counselors and also peers. There are 25 treatment topics, each representing a safe coping skill relevant to both 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; 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 specific 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 increase empathy and understanding of trauma and addiction
3. To describe *Seeking Safety,* an evidence-based model for trauma and/or addiction
4. To provide assessment and treatment resources
5. To identify how to apply *Seeking Safety* for specific populations, such as homeless, adolescents, criminal justice, HIV, military/veteran, etc.

**References:**

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Najavits, L.M., Clark, H.W., DiClemente, C.C., Potenza, M.N., Shaffer, H.J., Sorensen, J.L., Tull, M.T.,

Zweben, A. & Zweben, J.E. (2020). PTSD/Substance Use Disorder Comorbidity: Treatment Options and

Public Health Needs. *Current Treatment Options in Psychiatry*, pp.1-15.

Najavits, L. M. (2022). Trauma and substance abuse: A counselor's guide to treatment. In M. Cloitre & U.

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

Substance Abuse Mental Health Services Administration (SAMHSA) (2014). Trauma Informed Care in

Behavioral Health Services *Treatment Improvement Protocol (TIP) Series*. Washington, DC: Department of

Health and Human Services.

van der Kolk, B. A. (2015). *The body keeps the score: Brain, mind, and body in the healing of trauma*.

Penguin Books.

**Audiovisual:**

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)

**Typical training day**

A typical format is 9-4, with 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. Stages of treatment
3. Description of *Seeking Safety*

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

1. Detailed focus on *Seeking Safety* topics
2. Assessment and community resources

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. Cultural and other adaptations

3. Next steps

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