2/2/19

**Certifications in Seeking Safety**

Thanks for your interest in Seeking Safety certification. There are three types. All can be done by telephone, paced in any way that works for you. The purpose, method, and costs are listed for each.

**(1) Certification in** [**Conducting Seeking Safety**](http://weebly-link/983685067907432807)

**(2) Certification in** [**Fidelity Rating for Seeking Safety**](http://weebly-link/154553818722625448)

**(3) Certification in** [**Seeking Safety Supervision**](http://weebly-link/191170557648030972)

**See our cost spreadsheet for all three types of certification**

**(1) Certification in Conducting Seeking Safety**

*Purpose:* This is designed to verify that whoever is delivering Seeking Safety is doing so with adequate fidelity to the model (i.e., consistent with the model). It is **required for any research study on Seeking Safety (e.g., a randomized controlled trial or other outcome study) that will be published or made publicly available.** Certification is not required for routine clinical implementation as Seeking Safety has been found to be very safe even when conducted without strong fidelity. However certification can be helpful in routine clinical implementation for agencies that want to verify fidelity to the model, such as for quality assurance. Certification can also be a positive incentive for staff, providing them with feedback on their Seeking Safety work and formal documentation of their skill with it.

*Method:*

* There is a 1-hour introductory call, which is attended by all of the counselors who are looking to become certified. The call helps to create a success experience and to save time by letting everyone know what the process will be and what they can do to prepare.
* Each counselor provides an audio sample of a Seeking Safety session (at least 45 minutes long, preferably 1 hour, group or individual format). The audio can be:
  + *An audio of an actual session* with real clients. Most programs don’t do this due to confidentiality concerns, but if you are interested, there are ways to set up secure sending of audio recordings. Email us to discuss.
  + *Role-play*, in which your counselor conducts a Seeking Safety session with another counselor playing the client. Or, if preferred, our trainer can play a client over the phone.
* We use the [*Seeking Safety Adherence Scale* (long version).](https://www.treatment-innovations.org/uploads/2/5/5/5/25555853/ss_adherscale_6-21-03_v3_12-14.doc) This scale offers highly detailed feedback.
* Our trainer rates your counselor on the scale, and provides feedback in a telephone call. The trainer uses a compassionate, tactful approach so that even if there are flaws in the clinician’s conduct of Seeking Safety, it is used as a positive learning experience.
* The counselor needs to achieve two Seeking Safety audio sessions that meet a defined criterion on the scale, and then receives a certificate. It takes 3 audios on average, for most counselors, but some do it in 2 and others in 4 or more.

*Cost:* See our [cost spreadsheet](https://docs.google.com/spreadsheets/d/1dhHAwggK_LtMlI0yTDEzk0qmy_Y54i2mDnwRad5spso/edit#gid=1726263312).

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**(2) Certification in Fidelity Rating for Seeking Safety**

*Purpose:* We can train one or more of your staff to conduct fidelity ratings for your agency. This is a popular option as it builds sustainability and a focus on quality. Please note, however, that this is not designed to allow your staff person to then teach others how to conduct fidelity ratings, nor to conduct ratings on anyone outside your agency, nor to charge people for the ratings. **For any research study on Seeking Safety (e.g., a randomized controlled trial or other outcome study) that will be published or made publicly available, please contact us regarding fidelity rating.**

*Method:*

* We strongly advise that a person seeking Fidelity Rater certification be someone who has actually conducted Seeking Safety.
* There is a 1-hour introductory call, which is attended by all who are looking to become certified Fidelity Raters. The call helps to create a success experience and to save time by letting everyone know what the process will be and what they can do to prepare.
* Next, we provide online Seeking Safety session videos that are rated by your staff person and compared to our trainer’s gold-standard ratings. Your staff person needs to achieve close ratings on at least two videos; typically 3 videos are needed, but sometimes more. As part of this process, there is a phone call after each rating so that your staff person gets feedback before starting the next video. These phone calls can be half hour or longer and you can choose the length.

*Cost:*  See our [cost spreadsheet](https://docs.google.com/spreadsheets/d/1dhHAwggK_LtMlI0yTDEzk0qmy_Y54i2mDnwRad5spso/edit#gid=1726263312).

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**(3) Certification in Seeking Safety Supervision**

*Purpose:* This is the highest level that can be completed for Seeking Safety. It is designed for someone who has already completed the *Fidelity Rater certification* (see section above). The person learns how to provide feedback to supervisees who are implementing Seeking Safety, using fidelity ratings as the basis for feedback. The feedback process is designed to mirror (“parallel process”) Seeking Safety sessions; there is a check-in and check-out, for example. Here too, the certificate allows your staff person to supervise an unlimited number of staff within your agency. But it is not designed to allow your staff person to teach others how to conduct supervision or fidelity, nor to charge anyone.

*Method:*

* There is a 1-hour introductory call, which is attended by all who are looking to become certified Seeking Safety supervisors. The call helps to create a success experience and to save time by letting everyone know what the process will be and what they can do to prepare.
* The supervisor learns to provide feedback using the *Seeking Safety Adherence Form,* with guided role-plays of the process with our trainer. Once the supervisor achieves two good role-plays demonstrating the supervision process, a certificate is awarded.

*Cost:*  [See our cost spreadsheet](https://docs.google.com/spreadsheets/d/1dhHAwggK_LtMlI0yTDEzk0qmy_Y54i2mDnwRad5spso/edit#gid=1726263312).

**Our Cost Spreadsheet for Certification**

The attached spreadsheet is used to identify costs for certification. We can fill it out for you but some people like to be able to calculate it directly.

1. The first tab is certification in [*conducting Seeking Safety*](http://weebly-link/983685067907432807)*.*

2. The second tab relates to becoming certified as a [Seeking Safety fidelty rater.](http://weebly-link/154553818722625448)

3. The third tab relates to becoming certified as a [Seeking Safety supervisor.](http://weebly-link/191170557648030972)

Note: your people can do just #1 or #2 (they don't have to do both). But to do #3, they must have successfully completed #2.

Please take a look and ignore any tabs that are not relevant for you. On the example, we have made the most conservative assumptions, but you can adjust as needed to lower the estimated cost - see the columns for number of feedback sessions or roleplays on the different tabs.

If this is too complex, you can set up a time w/ us to go over it-- we're happy to help!

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Costs go up slightly each January 1 so please download an updated document from our website as needed.