Mcnelis-Domingos A (2004).Cognitve behavioral skills training for persons with co-occuring posttraumatic stress disorder and substance abuse. Thesis submitted for the degree of Master of Social Work, Southern Connecticut State University, New Haven, Connecticut, May, 2004. For information on this study, email annmcnelis@excite.com

The purpose of this study was to assess the effectiveness of Cognitive Behavioral Skill Therapy techniques with adults that have a diagnosis of co-occurring substance abuse and posttraumatic Stress Disorder (PTSD). The design was a pre-experimental, static-group comparison design, comparing persons who have completed the Seeking Safety Program to persons who were referred to this intervention, but had not yet received it. Participants for the comparison group were a convenience sample, five (n=5) women who met the DSM-IV-TR criteria for substance abuse of alcohol, cocaine, or marijuana and who have a diagnosis, or who exhibit symptoms of PTSD. Participants for the intervention group were a convenience sample, five (n=5) women who had completed the Seeking Safety Program. The research study sample was drawn from outpatient clients of the APT Foundation. The intervention was the Seeking Safety Program. Urine toxicology screens, post-test for symptoms of PTSD, Trauma Symptom Checklist (TSC-40), and a self-report post-test of coping skills used by clients to manage their substance abuse and PTSD were compared across the intervention and comparison groups. The potential implications of the findings from this study for clinical social work practice is to suggest that the Seeking Safety Program may reduce substance use, while increasing the use of coping skills to manage substance abuse and perhaps symptoms of PTSD.

Downloaded from www.treatment-innovations.org