

## **Seeking Safety Implementation**

### **Seeking Safety**

*Seeking Safety* is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. The treatment is available as a book, providing both client handouts and a clinician guide. The treatment was designed for flexible use. It has been conducted in group and individual format; for females, males, and mixed-gender; with adults and adolescents; using all topics or fewer topics; in a variety of settings (outpatient, inpatient, residential); and for both substance abuse and dependence. It has also been used with people who have a trauma history, but do not meet criteria for PTSD; or for those with substance use disorder, but no trauma/PTSD.

*Seeking Safety* consists of 25 topics that can be conducted in any order: Introduction/Case Management, Safety, PTSD: Taking Back Your Power, When Substances Control You, Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources, Compassion, Healing from Anger, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking, Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding). Life Choices, and Termination.

### **Book**

Najavits, LM (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York: Guilford. Published as a book, Guilford Press; the book includes all materials needed to conduct the treatment (clinician guide and client handouts). It has also been translated into various languages (Spanish, French, German, Dutch, Swedish, Polish, and Chinese). The book can be ordered at [www.seekingsafety.org](http://www.seekingsafety.org) (section Order).

### **Empirical studies**

At this point, *Seeking Safety* is the most studied treatment for PTSD-substance abuse. Numerous outcome studies are completed (all evidencing positive results across multiple domains). The studies include pilots, randomized controlled trials, multisite trials, and dissemination studies. Study populations include veterans (both men and women), homeless, women, adolescents, and community populations. All studies can be freely downloaded from [www.seekingsafety.org](http://www.seekingsafety.org) (section Outcomes). Other studies are underway.

### **Resources**

--The website ([www.seekingsafety.org](http://www.seekingsafety.org)) has freely downloadable materials (articles, information on training, etc).

--A set of training DVDs (videos) on *Seeking Safety* are available ([www.seekingsafety.org](http://www.seekingsafety.org), section Order). The videos include: (a) a 2-hour training video by Lisa Najavits; (b) 1 hour example of a *Seeking Safety* session led by Lisa Najavits with real clients; (c) 1 hour adherence rating *Seeking Safety* session with real clients (to learn how to use the *Seeking Safety* Adherence Scale for supervision or research purposes); (d) demonstration of teaching grounding technique; (e) one client's story. The videos were developed under a NIDA grant.

--A poster of Safe Coping Skills is available in English or Spanish ([www.seekingsafety.org](http://www.seekingsafety.org), section Order). It was developed under a NIDA grant.

--Translations of the *Seeking Safety* book ([www.seekingsafety.org](http://www.seekingsafety.org), section Order).

--Training. There are numerous trainings scheduled around the country, typically 1-2 days in length. The website has a complete training calendar and contact information on how to register. Also, if you would like to schedule a training on *Seeking Safety* at your site, see the website or contact [info@seekingsafety.org](mailto:info@seekingsafety.org). For training within the VA or Dept. of Defense, contact [lisa.najavits@va.gov](mailto:lisa.najavits@va.gov).

### **Website**

The website [www.seekingsafety.org](http://www.seekingsafety.org) has the following sections:

Seeking Safety

About *Seeking Safety*

Reviews of the *Seeking Safety* book

How to obtain the *Seeking Safety* book (which includes client handouts and clinician guide)

Sample *Seeking Safety* topics

Adapting / reprinting from *Seeking Safety*

Upcoming *Seeking Safety* multimedia training package for clinicians

How to refer clients to local *Seeking Safety* treatment

Becoming or finding a contact person for *Seeking Safety* in your area

About Lisa Najavits and associates

### Outcomes

Results of each study of *Seeking Safety* completed thus far

Your research

Grant materials

Articles (downloadable articles on *Seeking Safety*, PTSD/substance abuse, and other topics)

Training (calendar of trainings and information on how to set up a training)

FAQ (frequently asked questions)

Assessment (the *Seeking Safety Adherence Scale*, and links to other measures)

Order (description of clinical resources, including training videos, and Spanish translation of *Seeking Safety*)

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