Seeking Safety Adherence Scale—Brief Version

Part 1: Interventions

For each of these questions, please rate your feelings of how well Seeking Safety was facilitated using the following scale:

0 – Not Done
1 – Done a Little
2 – Done a Lot
3 – Done Thoroughly

The facilitator(s):

1. _____ did a check-in at the start of the session and worked to keep it brief (up to 5 minutes per person).
2. _____ had a client read the quote; and asked “What is the main point of the quote?”.
3. _____ gave handouts and made use of them during the session.
4. _____ did a check-out at the end of the session and worked to keep this brief (up to 2 minutes per person).
5. _____ focused on how the topic related to trauma/PTSD.
6. _____ focused on how the topic related to substance use.
7. _____ focused the discussion on safe coping skills.
8. _____ kept discussions focused on the session topic and practicing or rehearsing skills.
9. _____ tried to keep everyone safe by making sure that no graphic details of substance use or trauma were discussed.

Part 2: Processes

Please rate how helpful the session was, using the following scale:

0 – Harmful
1 – Ineffective (Not too helpful)
2 – Somewhat helpful
3 – Extremely helpful

The facilitator(s):

1. _____ was supportive and gave positive feedback while also helping clients take responsibility for their recovery.
2. _____ was genuinely warm, caring, and compassionate.
3. _____ was helpful in managing crisis and strong emotions in a professional and kind way.
4. _____ really listened to what clients had to say and were involved and interested in the discussions.
5. _____ worked to create a bond between the group members (if group modality).
6. _____ engaged clients in the work (rather than facilitator talking too much, lecturing, or over-controlling)
7. _____ overall, did a good job helping clients work on safe recovery from trauma and/or substance use.

How group members interacted with each other (if group modality):

1. _____ The group members were genuinely warm, caring, and compassionate with each other.
2. _____ The group members really listened to what each other had to say and were involved and interested in the discussions.
3. _____ The group members worked to create a bond among each other.