2024 / Treatment Innovations / Lisa M. Najavits, PhD

**Outline and objectives**

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

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

**Trainer:** certified to provide this training by Lisa Najavits, the developer of *Seeking Safety*. To see or verify our list of certified trainers, please see our [list](https://www.treatment-innovations.org/our-trainers.html). Lisa supervises each trainer directly, including preparation and oversight of training materials (slides, videos).

**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 addiction (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 addiction, 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 using as few or many of them 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 addiction (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. By the end of the training, participants can implement Seeking Safety in their setting if they choose to. Assessment and treatment resources are provided. The training is highly experiential with role-plays and exercises to “learn by doing”; methods also include powerpoint, video, and discussion. For more information on *Seeking Safety* see www.seekingsafety.org.

**Objectives:**

1. To describe current understanding of trauma, addiction, and their combination.
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 identify how to apply *Seeking Safety* for specific populations, such as homeless, adolescents, criminal justice, HIV, military/veteran, etc.
5. To discuss adaptation based on setting, provider, and client factors (e.g., age, socioeconomics, culture, gender).
6. To provide assessment and treatment resources.

**References:**

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2. Briere, J. N., & Scott, C. (2014). *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and*

*Treatment (DSM-5 Edition)*. Thousand Oaks, CA: Sage Publications.

1. Herman, J. L. (1992). *Trauma and Recovery*. New York: Basic Books.
2. Herman, J. L. (2023). *Truth and Repair*. New York: Basic Books.
3. Krause, S. (2023). Adolescent Toolkit for Seeking Safety. See [www.seekingsafety.org](http://www.seekingsafety.org).
4. Najavits, L. M. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York: Guilford.
5. Najavits, L.M. (2019). *Finding Your Best Self: Recovery from Addiction, Trauma or Both.* New York: Guilford.
6. 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.

1. 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.

1. Najavits, L.M. & Krause, S. (2023). Group Delivery of Seeking Safety for Trauma and/or Addiction. In *Group*

*Approaches to Treating Traumatic Stress in Adults* (Ruzek, Yalch & Burkman, eds.). New York: Guilford.

1. Najavits, L. M. (in press). *Creating Change: A Past-Focused Treatment for Trauma and Addiction*. New York: Guilford.
2. Sherman, A. D. F., Balthazar, M., Zhang, W., Febres-Cordero, S., Clark, K. D., Klepper, M., Coleman, M., & Kelly, U. (2023). Seeking Safety intervention for comorbid post-traumatic stress and substance use disorder: A meta-analysis. *Brain and Behavior*, e2999.
3. 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.

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

Penguin Books.

**Audiovisual (if an onsite training):** LCD projector; audio setup (to show video segments); microphone (any type is fine)

**Typical training day**

A typical format is 9am-4pm, 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 addiction
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 addiction** (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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