1/1/24 Treatment Innovations / Lisa M. Najavits, PhD

**Outline and objectives**

​***Finding Your Best Self*: a trauma and/or addiction model for self-help, family, peers and professionals**

This presentation will describe *Finding Your Best Self*, a recovery model for trauma and/or addiction. Itcan be used as self-help, by family members, peers, as well as by counselors in group or individual format. It offers 36 short chapters, each addressing a specific facet of trauma and/or addiction. Examples include: *How do people change?; The world is your school; Listen to your behavior; Wish versus reality; Possible selves; The language of trauma and addiction; Social pain; Why trauma and addiction go together; Forgiving yourself; Body and biology; The culture of silence; How to survive a relapse; The decision to grow; Dark feelings (rage, hatred, revenge, bitterness); Imagination; Create a healing image.*Chapters can be done in any order and in as few or many sessions as time allows. It is a flexible model for any client, in any setting. It is a separate model from *Seeking Safety*, although it is similar in that it strives to increase hope, offers exercises; and provides practical recovery skills. It is different in offering new content, shorter chapters, "recovery voices" (personal accounts by diverse people in recovery), and was designed for self-help as well as facilitator-led.

**Objectives**

1. Describe current understanding of trauma, addiction, and their combination
2. Identify how to use the book topics in counselor-led format
3. Describe how to engage clients in book topics based on their clinical needs
4. Address the importance of adaptation with respect to specific populations and cultures
5. List key principles of the model
6. Identify how topics relate to phase-based treatment for trauma and/or addiction
7. Provide resources for trauma and addiction

**References**

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Behavioral Health Services *Treatment Improvement Protocol (TIP) Series*. Washington, DC: Department of Health and Human Services.

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

**Methods of instruction:** lecture, slides, video clips (if time allows), question/answer.

**Agenda**

6 hours total instructional time. *Example schedule: 9:00 am to 4:30 pm with 1 hour lunch and two 15-minute breaks (but choose what works for you)*

Morning

I. **Trauma and addiction** (9a to 945a)

1. Participant goals (topics and clinical scenarios attendees would like to cover)

2. How trauma and addiction go together

3. Key principles of Finding Your Best Self

II. **Brief overview of *Finding Your Best Self* model** (945a to 10:30a, followed by 15-minute break)

1. Goals of the model
2. Format of chapters

III. **Examples of topics** (10:45a to 12p, followed by 1 hour lunch)

1. Detailed focus on chapter examples
2. Implementation

Afternoon

I. **Video on trauma and addiction** (1p-1:30p)

II. **Role-play of a session** (1:30p to 3p, followed by 15 minute break)

1. How to use the book topics in counselor-led format
2. Helpful tips
3. Role play

II. **Challenges and opportunities** (3:15p to 430p pm)

1. Adaptation to populations (based on age, gender, trauma / addiction type, ethnicity, etc.)

2. Maximizing engagement

3. Next steps

*Najavits, 2024 (original version 2017), Treatment Innovations, Newton Centre, MA.*