Outline and objectives for *short program* (e.g., plenary, or panel as part of a conference)

Lisa M. Najavits, PhD

**Title:** Seeking Safety for Adolescents: An evidence-based model for trauma and/or substance abuse

**Summary:** The goal of this presentation is to describe *Seeking Safety* specifically as it is implemented for adolescents. Seeking Safety isan evidence-based model for trauma and/or substance abuse (clients do not have to have both). *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 clinicians and also peers. There are up to 25 treatment topics, each representing a safe coping skill relevant to trauma and/or substance abuse, such as “Asking for Help”, “Creating Meaning”, “Compassion”, and “Healing from Anger”. Topics can be done in any order, as few or many sessions as time allows (one does not have to do all 25). *Seeking Safety* strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage patients; attends to clinician processes; and provide concrete strategies to build recovery skills. Anyone can implement Seeking Safety in their setting if they choose to (no specific degree, license or experience is required, unless a formal research study is being conducted). The model has been used with adolescents age 13 and above for over 20 years across all levels of care. In this training we cover (a) a brief overview of *Seeking Safety*; and (b) elements specific to the developmental needs of adolescents.

**Objectives:**

1. To describe the Seeking Safety model.
2. To identify elements specific to implementation with adolescents.
3. To highlight the evidence base on the model.
4. To provide assessment and treatment resources.

**References:**

Lenz, A. S., Henesy, R., & Callender, K. (2016). Effectiveness of Seeking Safety for co-occurring

posttraumatic stress disorder and substance use. *Journal of Counseling & Development, 94*(1), 51-61.

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*Behavioral Health Services* [Treatment Improvement Protocol (TIP) Series]. Washington, DC: Substance

Abuse Mental Health Services Administration (SAMHSA), Department of Health and Human Services.

Substance Abuse and Mental Health Services Administration (SAMHSA): *Treatment for Suicidal Ideation,*

*Self-harm, and Suicide Attempts Among Youth.* SAMHSA Publication No. PEP20-06-01-002 Rockville, MD:

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Services Administration, 2020.

Herman, J. L. (1992). *Trauma and Recovery*. New York: Basic Books.

Najavits, L. M. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York: Guilford Press.

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Najavits, L. M. (2007). Seeking Safety: An evidence-based model for substance abuse and trauma/PTSD In K. A. Witkiewitz & G. A. Marlatt (Eds.), *Therapist's Guide to Evidence Based Relapse Prevention: Practical resources for the mental health professional* (pp. 141-167). San Diego: Elsevier Press.

​Najavits, L. M., Hyman, S. M., Ruglass, L. M., Hien, D. A., & Read, J. P. (2017). Substance use disorder and trauma. In S. Gold, J. Cook, & C. Dalenberg (Eds.), Handbook of Trauma Psychology (pp. 195-214): American Psychological Association.

Najavits, L.M. (2019). *Finding your best self: Recovery from Addiction, Trauma or Both.* New York: Guilford.

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, 1-15.

Najavits, L. M. (2022). Trauma and substance abuse: A clinician's guide to treatment. In M. Cloitre & U.

Schynder (Eds.), *Evidence-based treatments for trauma-related disorders (2nd edition)*: Springer-Verlag.

**Audiovisual (for on-site training):**

LCD projector

Audio capacity (to play brief video segments from trainer’s computer)

Microphone

**Methods of instruction include:**

1. Lecture

2. Brief video segments related to treatment issues

3. Question/answer discussion with participants