2018 Treatment Innovations / Lisa M. Najavits, PhD

**Outline and Objectives**

**Promoting Sustainability of Seeking Safety: Champions and Supervisors**

**Alternate title** (choose the title you prefer)

⯎ *Supervisory training in Seeking Safety*

This presentation helps staff become skilled at supervision in Seeking Safety. We focus on sustainability and keeping staff energized and inspired in the work. Exercises include: providing feedback to supervisees, how to bring new staff on board in Seeking Safety, the structure of supervisory sessions (parallel process to Seeking Safety), ongoing monitoring using fidelity procedures, trouble-shooting, and optimal characteristics of the Seeking Safety supervisor. Prerequisites: participants need to have experience conducting Seeking Safety and to have attended the Seeking Safety fidelity training.

**Objectives**

1. To learn procedures to help sustain Seeking Safety in an agency.

2. To rehearse the Seeking Safety supervision format.

3. To explore methods for offering constructive feedback to supervisees.

4. To identify optimal supervisor characteristics.

**Example of a timed outline for a 1 day version** (*can be changed to fit any timeframe)*

8:30a Registration

9a Key principles in supervision on Seeking Safety

9:30a Description of supervisory procedures (e.g., using fidelity scale as guide;

parallel process, format, group vs. individual supervision)

10:15a Morning break

10:30a Demonstration of individual supervisory session and discussion of it

12p Lunch

1p Dyad role-play of individual supervisory session and discussion of it

2p Afternoon break

2:15p Individual versus group supervision

2:30p Small-group role-play of group supervisory session and discussion of it

3:30p Wrap-up and final questions/answers

4p End

For further information, please contact info@seekingsafety.org; 617-299-1610.