

Seeking Safety Implementation

Seeking Safety

Seeking Safety is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. The treatment is available as a book, providing both client handouts and a clinician guide. The treatment was designed for flexible use. It has been conducted in group and individual format; for females, males, and mixed-gender; with adults and adolescents; using all topics or fewer topics; in a variety of settings (outpatient, inpatient, residential); and for both substance abuse and dependence. It has also been used with people who have a trauma history, but do not meet criteria for PTSD; or for those with substance use disorder, but no trauma/PTSD.

Seeking Safety consists of 25 topics that can be conducted in any order: Introduction/Case Management, Safety, PTSD: Taking Back Your Power, When Substances Control You, Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources, Compassion, Healing from Anger, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking, Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding). Life Choices, and Termination.

Book

Najavits, LM (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York: Guilford. Published as book (\$40), Guilford Press; the book includes all materials needed to conduct the treatment (clinician guide and client handouts). A Spanish language version is also available. The book can be ordered at www.seekingsafety.org (section Order).

Empirical studies

At this point, Seeking Safety is the most studied treatment for PTSD-substance abuse. Twelve outcome studies are completed (all evidencing positive results across multiple domains), plus one dissemination study. The studies are:

Pilot studies: women in prison; outpatient women; men; men and women veterans; women in community mental health

Randomized controlled trials: low-income urban women; adolescents; homeless women veterans

Multisite trial: women in community treatment

Dissemination study: providers in community settings

All studies can be freely downloaded from www.seekingsafety.org (section Outcomes). Other studies are underway.

Resources

--The website (www.seekingsafety.org) has freely downloadable materials (articles, information on training, etc).

--A set of training videos on Seeking Safety are now available (www.seekingsafety.org, section Order). The videos include: (a) a 2-hour training video by Lisa Najavits; (b) 1 hour example of a Seeking Safety session led by Lisa Najavits with real clients; (c) 1 hour adherence rating Seeking Safety session with real clients (to learn how to use the Seeking Safety Adherence Scale for supervision or research purposes); (d) demonstration of teaching grounding technique; (e) one client's story. The videos were developed under a NIDA grant.

--A poster of Safe Coping Skills is now available (www.seekingsafety.org, section Order). It was developed under a NIDA grant.

--Spanish translation of Seeking Safety book (www.seekingsafety.org, section Order).

--Training. There are numerous trainings scheduled around the country, typically 1-2 days in length. The website has a complete training calendar and contact information on how to register. Also, if you would like to schedule a training on Seeking Safety at your site, see the website and contact Lisa Najavits

(info@seekingsafety.org) (617-731-1501). For training within the VA or Dept. of Defense, contact Lisa at lisa.najavits@va.gov.

Website

The website www.seekingsafety.org has the following sections:

Seeking Safety

About *Seeking Safety*

Reviews of the *Seeking Safety* book

How to obtain the *Seeking Safety* book (which includes client handouts and clinician guide)

Sample *Seeking Safety* topics

Adapting / reprinting from *Seeking Safety*

Upcoming *Seeking Safety* multimedia training package for clinicians

How to refer clients to local *Seeking Safety* treatment

Becoming or finding a contact person for *Seeking Safety* in your area

About Lisa Najavits

Outcomes

Results of each study of *Seeking Safety* completed thus far

Your research

Grant materials

Articles (downloadable articles on *Seeking Safety*, PTSD/substance abuse, and other topics)

Training (calendar of trainings and information on how to set up a training)

FAQ (frequently asked questions)

Assessment (the *Seeking Safety Adherence Scale*, and links to other measures)

Order (description of clinical resources, including training videos, and Spanish translation of *Seeking Safety*)

Contact:

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617-731-1501 (phone)

www.seekingsafety.org (web)