

Seeking Safety *Theme Based Calls*

1. *Getting started with Seeking Safety (developing an action plan)*: This call is designed to help you dive in and make use of Seeking Safety in a user friendly way. Provides ideas to help you get started and discusses potential obstacles.
2. *Conducting the session*: This call provides strategies for conducting Seeking Safety. Topics include key treatment principles, preparation for sessions, and the structure and processes of Seeking Safety.
3. *Engaging resistant clients*: It can be difficult to work with clients that do not want to be in treatment. This call address strategies aimed at engaging clients in the Seeking Safety treatment by empathically meeting them where they are at in their lives.
4. *Focusing on trauma*: Trauma is one of the most important ways to engage clients in Seeking Safety. This call provides a variety of ways to help clients bond on the trauma, how to address trauma in a nonthreatening way, and how to make use of trauma to understand and process what happens in the Seeking Safety session.
5. *Focusing on addiction*: Substance abuse is a central focus of Seeking Safety because it keeps clients stuck in PTSD symptoms. This call will assist clinicians to identify and implement strategies to help clients address substance abuse in their Seeking Safety sessions. Topics include abuse vs. dependence, abstinence, harm reduction, and controlled use and the meaning of client's substance abuse in the context of their PTSD.
6. *Adapting Seeking Safety*: Seeking Safety is designed for maximum flexibility and adaptability. A major goal of this call is to support you in bringing your clinical wisdom, experience and personality into the Seeking Safety work while keeping fidelity to the model. This call will discuss many creative adaptations to Seeking Safety.
7. *Working with unsafe behavior*: Danger is a major issue in the lives of many of our clients. This call is designed to help you assist your client in becoming aware of unsafe behavior and begin to take steps by way of harm reduction to address it.
8. *Adolescents (challenges and opportunities)*: Adolescents can be particularly difficult to engage in treatment for a number of reasons. This call will explore creative ways involve teens in the Seeking Safety treatment. Methods addressed include using games, illustrations, music, puzzles and art work.
9. *Adults (challenges and opportunities)*: This call discusses the issues that adults bring to treatment and how to use Seeking Safety to effectively address their concerns.
10. *Older Adults (challenges and opportunities)*: Older adults bring very specific developmental concerns and life issues to treatment. This call discusses the challenges older adults experience in aging and how to use Seeking Safety to address these life issues.

11. *Tough cases*: This call offers clinicians an opportunity to explore how to work with challenging and complex clients when conducting Seeking Safety.
12. *Role-play a session*: On this call clinicians are given the opportunity to role play clients with challenging clinical issues.
13. *Fidelity (staying true to the model)*: The challenge of an evidence based treatment is to avoid model drift. This call will assist you in understanding the key concepts of adhering to the model of Seeking Safety utilizing tools available on the Seeking Safety website.

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