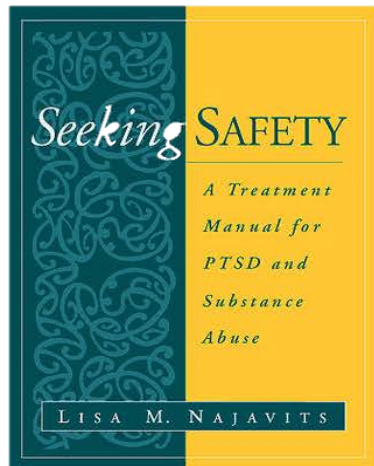




Seeking Safety

Seeking Safety: A Treatment Manual for PTSD & Substance Abuse



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- Seeking Safety is an approved evidence-based practice listed on the SAMHSA NREPP Registry as a treatment for clients with a history of trauma (alone) & substance abuse. Designed for use: Group, individual, male/female, in a variety of settings (e.g. residential, outpatient, in-patient, etc.)

Seeking Safety Therapy

- Seeking Safety is a present-focused, evidence-based, cognitive-behavioral treatment for PTSD and/or substance abuse
- Treatment developed to be “first-stage” therapy for clients with either PTSD, substance abuse or other addictive behaviors are appropriate; both disorders do not need to be present in order to benefit from Seeking Safety

Treatment Manual

Important: Read the Manual

- Treatment manual comprised of:
 - Overview of theory & treatment model
 - Guidance for individual & group therapy application
 - 25 topic areas addressing coping skill development & recovery
 - Each topic area includes a safety-oriented skill relevant to both PTSD & substance abuse
 - Each topic is independent of the others
 - Topic areas provide overview for therapist & handouts for participants

Seeking Safety

Based on Three Stage Model of Recovery (Herman, 1992)

1. Safety
 2. Mourning
 3. Reconnection
- Safety is the initial process of the treatment; the only stage which Seeking Safety focuses
 - Mourning & reconnection are later stages of recovery initiated in therapy work separate from Seeking Safety skills

Seeking Safety Principles

Five Central Principles:

1. Safety as the goal & priority in treatment
2. Integrated treatment of PTSD, SA & other addictive behaviors (smoking, excessive spending, gambling, pornography, etc.)
3. Focus on ideals: Restoring lost ideals
4. Four content areas: Cognitive, behavioral, interpersonal & case management
5. Attention to therapist process

Seeking Safety Principles

Safety - Examples:

- Stopping self-harm
- Gaining control over extreme symptoms
- Letting go of dangerous relationships
- Developing self-care

Not Part of Seeking Safety

- Exploring past trauma
 - Okay to “name” trauma
 - Reference page 46 for keeping discussion of trauma in safe parameters
- Interpretive psychodynamic work
- Homework (rather than “Commitments”)
- Goal setting at the start
- Writing & autobiography
- Linking every substance use to PTSD

Screening, Assessment & Orientation

- Screen and assess as relevant to adult, adolescent or child
- Recommend 1:1 orientation session that covers pp. 88-93 in Seeking Safety manual
 - Orient on how trauma will be addressed
 - Answer individual questions & concerns
 - Review risks/benefits (e.g. worsening symptoms possible)

Treatment Format

Session Format:

Introduction:

1. Check-in (5-10 min): BRIEF
2. The Quotation: "What's the main point of this quote?"
3. Session Topic: Facilitator does not read
4. Group discussion
 - Grounding techniques & Coping Sheets may be used as needed
5. Commitment to Recovery Handout
6. Check-out (5-10 min): Leave enough time!
7. End-of-Session Questionnaire

Quick Reference

Checklist before beginning treatment	p. 52
List of treatment topics	p. 57
Session Format	p. 54
Check-in and check out	p. 55
Core concepts of treatment (Participant handout)	p. 56
End-of-session Questionnaire (Participant handout)	p. 60
Certificate of Achievement	p. 61

Seeking Safety Tips for Therapist

- Stay with the Seeking Safety format (p.54)
- Prior to the session or group, read manual & review facilitator section
- Keep handouts organized & photocopied
- Relate material to what is current in participants' lives
- Do more listening than talking
- Strive for balanced participation

Website Resources

- <http://www.seekingsafety.org>
- A website with a wealth of information especially in the areas: Research articles, outcomes, & adherence information.
- Trauma Resource Institute: Compassion without Borders
<http://www.traumaresourceinstitute.com/index.html> Community Resiliency Model, Trauma Resiliency Model
- SAMHSA National Registry of Evidence-based Programs & Practices (NREPP)
<http://www.nrepp.samhsa.gov>

Session Walk Through:

“Compassion”

Session Format

1. **Check-in 5 min per client.** Allows clients to share how they are doing, issues to discuss in main session, consistent start.
2. **Link Quotation to session** (briefly) – today we will focus on Compassion. Ask about what they think the essence of the quote is.
3. **Relate the topic to clients' lives** (in-depth, most of the session) via the handouts

Session Content

- Goals:
 - Contrast harsh vs compassionate self-talk – Handout 1
 - Rehearse compassionate self-talk – Handout 2
- Ways to relate topic to clients' lives
 - Role play
 - Identify recent situation
 - Create a cassette tape of compassionate self-talk.
 - Discuss questions, feelings, thoughts
- 1. End with Commitment to Recovery Handout
- 2. Check-out (5-10 min): Leave enough time!
- 3. End-of-Session Questionnaire