

# Modifying Seeking Safety

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# Spirit of Seeking Safety

“...*Seeking Safety* differs from existing treatments in its **combination of theory** (i.e., safety as the target goal), its emphasis on **humanistic themes** (e.g. safety, compassion, honesty), its attempt to make **CBT accessible** and interesting to patients who may be difficult to reach, its strong focus on case management, its format (e.g., the use of quotations), its provision of **detailed therapist and patient materials** for each topic, and its attention to process issues.” (*Seeking Safety*, p. 19)

# Seeking Safety for Group Treatment

- \* Adolescent groups- **easily modified for “topic of the week” in group homes or residential treatment facilities.**
- \* One lesson **can be used in two session or more sessions**, when the group is young, immature or just for emphasis.
- \* After a lesson has been covered, it can serve as a jumping off point to remind residents of better coping.
- \* Enhance a **trauma informed milieu for living- in group homes** to intentionally pursue healthy life skills (such as coping skills banners/posters, grounding exercises when adolescents/children are stuck in a negative cycle, positive quotations for daily focus, daily “check –ins” on progress etc.)

# In Conjoint Couple's Therapy

- \* **Where alcohol/drug abuse is a part of the problem presentation**
- \* **With “blaming family systems”**
- \* **With forgiveness issues**
- \* **With anger issues/couples in constant conflict**
- \* **When one or both have some other type addiction: pornography, shopping, need to control, or any patterned response that is utilized in unhealthy coping**
- \* **When both have come from traumatic histories**

# Conjoint Family Therapy (cont.)

- \* **When one of the partners has a trauma history**
- \* **When one or both have some type anxiety disorder or one or more anxiety traits such as constant worry**
- \* **When one or both have some type depressive disorder or depressive traits such as negative ruminations or irritable/angry mood**

# Use in Family Therapy

- \* For chaotic families in need of structures
- \* For rigid controlling families
- \* For families in need of basic tools for handling stressors
- \* For families recovering from abusive relationships. Safety must always be the primary issue and reinforced. *Seeking Safety* can be a great tool for this focus.

# Flexibility Needed

- \* The therapist must tailor the material to the clientele. This calls for some preparation/creativity (especially with children)
- \* “*Seeking Safety* will not be as effective if the therapist is not able to relate the material to current and specific problems in patients’ lives.” (*Seeking Safety* p. 37)
- \* Therapist must have the skill necessary to “Show it rather than say it,” meaning find a way to have the patients rehearse a new skill rather than abstractly talk about it. (*Seeking Safety*, p. 38)

# Limitations

- \* ***Seeking Safety*** is geared for making people safe and is clearly not an in-depth psychodynamic model. The lessons are simple and direct, but address many human dysfunctional patterns.