

Lisa M. Najavits, PhD – Follow-Up Training

➤ Title of program (choose one):

- Making It Work: Implementing *Seeking Safety* therapy
- Implementing *Seeking Safety*

➤ Intended audience: Professionals and/or trainees in substance abuse treatment, mental health treatment, and allied areas (e.g., nursing) who have already attended a prior initial training on *Seeking Safety*.

➤ Summary of program content

This presentation will provide an opportunity to address, in-depth, how *Seeking Safety* is applied in clinical settings. *Seeking Safety* is a 25-topic integrated psychotherapy for substance abuse and trauma/posttraumatic stress disorder. It is an empirically studied treatment that addresses cognitive, behavioral, and interpersonal skills, in which both PTSD and substance abuse are addressed simultaneously. Skills include: *Honesty, Creating Meaning, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Compassion, Asking for Help*. In the workshop, specific treatment interventions will be demonstrated, and treatment challenges will be discussed. Also, we will discuss general principles relevant for this population regardless of treatment model, including dissociation, self-injury, behavioral contracts, effective cognitive strategies, and developing trauma-informed treatment. The workshop will be highly clinically-oriented and offer opportunity to role-play client scenarios and discuss implementation issues that have arisen in using the model. It is assumed that



participants have already attended a prior initial training on *Seeking Safety*.

➤ Educational objectives/outcomes:

--To explore “frequently asked questions” in implementing the Seeking Safety model

--To discuss clinical dilemmas that may arise in implementing Seeking Safety

--To learn strategies for responding to challenges with this population, including dissociation, self-injury, trauma processing, and behavioral contracts

--To obtain increased understanding of trauma-informed treatment in the context of substance abuse



➤ Audiovisual:

LCD projector

VCR and monitor (to show video segments)

Microphone (handheld preferred, but any type is fine)

Please just let me know if any of the above are not available, or not needed (e.g., if a very small room, you may not need a microphone).

➤ Typical training schedule

Please feel free to suggest any schedule you would like (e.g., longer, shorter, different breaks). A typical format is 9-4, with a one-hour lunch break and two fifteen-minute breaks (one mid-morning and one mid-afternoon). The schedule below assumes this typical format, but you can change it based on your scheduling.

➤ Course outline

I. Trauma-related symptoms in the context of substance abuse (9am to 10am)

Dissociation, self-injury, impulsive behavior, reenactments

II. Trauma-informed treatment in the context of substance abuse (10am to 11am)

Distinguishing trauma-informed versus trauma-competent treatment, methods to train all staff in trauma-informed treatment; countertransference issues.

III. Frequently asked questions about Seeking Safety (11am to noon)

For example, can it be used with mixed groups? adolescents? unstable clients?; also, selection criteria, group versus individual treatment, open versus closed groups, integration with trauma processing models, how to incorporate new members to group, when to dismiss clients from group

IV. Consultation on existing treatment (1pm to 2pm)

Discussion of current issues participants are encountering in using the model. Participants will have the opportunity to raise questions, provide in-depth case scenarios and examples, and obtain feedback about ways to manage dilemmas.

V. Creative adaptations of Seeking Safety (2pm to 3pm)

Adaptations that other programs have developed, changing the treatment based on length of stay or very large groups, adaptation for diversity based on culture and/or age of clients

VI. Rehearsal (2pm to 3:30pm)

Role-plays, such as how to respond to clients empathically when they become angry or difficult in a session; how to explore difficult behavior in light of trauma and substance abuse; and use of the *Seeking Safety* adherence scale.

VII. Resources for further learning (3:30pm-4pm)

--For example, professional organizations, books, and web sites



➤ Teaching methods

Didactic lecture using Powerpoint slides, videotape segments, discussion, and role play/experiential exercises

➤ References

Brady, K.T., Dansky, B. S., et al. (2001). Exposure therapy in the treatment of PTSD among cocaine-dependent individuals: Preliminary findings. Journal of Substance Abuse Treatment, 21, 47-54.

Fallot, R.D. & Harris, M. (2001). Using Trauma Theory to Design Service Systems. New Directions for Mental Health Services. San Francisco: Jossey-Bass.

Najavits, LM. Seeking Safety: A Treatment Manual for PTSD and Substance Abuse. New York: Guilford, 2002.

Najavits L.M. (2000). Training clinicians to conduct the *Seeking Safety* treatment for PTSD and substance abuse. Alcoholism Treatment Quarterly, 18, 83-98.

Ouimette, P. & Brown, P. (2002) Trauma and Substance Abuse: Causes, Consequences, and Treatment of Comorbid Disorders. Washington, DC: American Psychological Association Press.

Pearlman, L. A., & Saakvitne, K. W. (1995). Trauma and the Therapist: Countertransference and Vicarious Traumatization in Psychotherapy with Incest Survivors. New York: WW Norton.

Schiraldi, G. R. (2000). The Post-Traumatic Stress Disorder Sourcebook. Los Angeles: Lowell House.

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