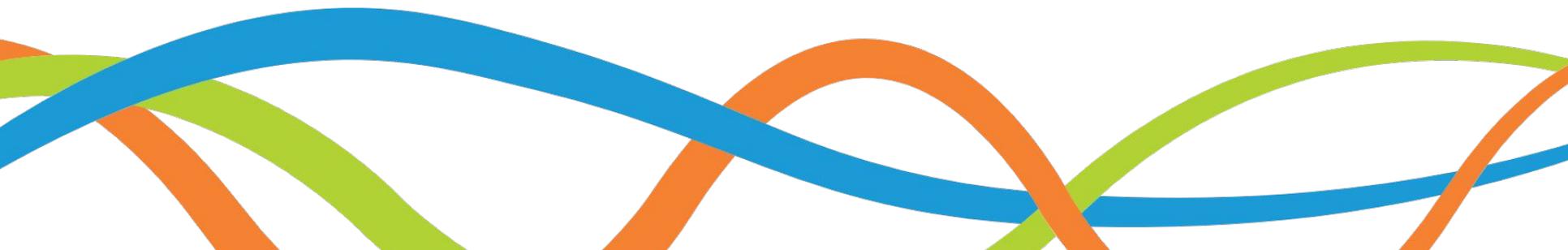




East Toronto  
Health Partners

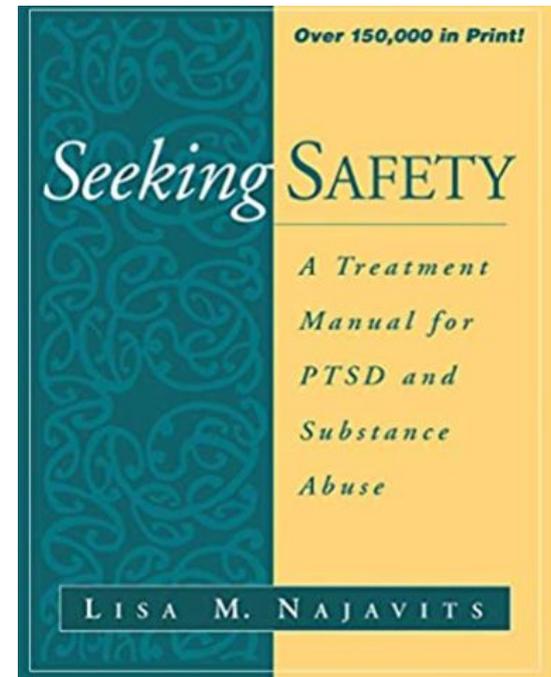
# Seeking Safety Overview





# Seeking Safety (Najavits, 2002)

- Evidence-based, manualized therapy program to treat individuals with co-occurring PTSD and substance use symptoms
- Based on cognitive behavior principles
- Incorporates psychoeducation modules to educate clients about the link between trauma, substance use, and coping skills
- Can be conducted in group and/or individual modality
- Fundamental tenet of the program is the belief that integrated treatment for co-occurring PTSD and substance use disorders is more effective and yields better results compared with treating each disorder separately





# Evidence Base

- Over 45 published research articles and consistently positive results and high satisfaction
- Studied in a broad range of populations in terms of ethnic diversity, setting, and severity of trauma history and addiction
- Cost-effective: 88% likelihood of benefit relevant to cost – 3<sup>rd</sup> highest of all 23 SUD models (higher than motivational interviewing, 63%; motivational enhancement therapy, 61%, and relapse prevention, 56%) (Washington State Institute for Public Policy, 2018)



# Seeking Safety Topics

- Each topic in the Seeking Safety approach offers a safe coping skill relevant to trauma and substance problems.
  - **Interpersonal** : Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources
  - **Cognitive**: PTSD: Taking Back Your Power, Compassion, When Substances Control You, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking
  - **Behavioral** : Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding)
  - **Combination topics**: Introduction/Case Management, Safety, Life Choices, Termination

# Five key principles of Seeking Safety



1. Safety as the overarching goal-- helping clients attain safety in their relationships, thinking, behavior, and emotions);
2. Integrated treatment that addresses trauma and addiction at the same time if clients have both;
3. A focus on ideals to inspire hope;
4. Four content areas: cognitive, behavioral, interpersonal, and case management; and
5. Attention to clinician processes (helping clinicians work on self-care, emotional responses, and other issues).

# Features



- Traumas are not described in detail. Clients do not have to tell or listen to intense trauma details. The focus is on trauma as it impacts the client in the present.
- Allows for harm reduction or abstinence approaches.
- Encourages but does not require 12-step and other self-help groups
- Focuses on empowerment and choice
- Is written in everyday language to be accessible to all
- "Meets clients where they are at" in terms of addiction, not requiring abstinence or motivation to quit; these often develop as they do Seeking Safety over time.
- Anyone can participate. Successfully conducted with people with psychosis/severe mental illness, illiterate, homeless, histories of violence.



# Training

- *Anyone can conduct it.* Can be implemented by all types of professionals and also peers and paraprofessionals.
- No specific license, degree, or education is required. Training is available and recommended.
- **To train people to effectively conduct the SS model, a 1-2-day training is recommended** but only required only if a formal publishable clinical trials is being conducted for research purposes.
- Training (by an associate) on a per-date rate = \$2800 USD (unlimited participants)



# More information:

- <https://www.treatment-innovations.org/>