

Seeking Safety: Treatment Innovations	
SOURCE	
PUBLISH DATE	1992
WEBSITE	https://www.treatment-innovations.org/seeking-safety.html
GUIDELINE OVERVIEW: Seeking Safety is a coping skills approach created to help people manage trauma and addiction. This model promotes safety, optimism and engagement in services. This set of online resources and tools aim to improve the quality of care for people with substance abuse, trauma, and other related problems. This model addresses both trauma and addiction and it can be conducted in a group setting as well as in an individual setting. The Seeking Safety Model can be implemented by professional providers but also by peers in addiction and it's not limited to a specific number of sessions; the recommendation is that the more sessions the better.	
General Considerations	<p>Seeking Safety is highly flexible, and it has been implemented for over 20 years in diverse types of programs, including community-based, mental health, addiction, criminal justice, veteran/military, adolescent, school, and medical settings. The book is available to anyone and has been translated into 12 languages. Seeking Safety skills addresses cognitive, behavioral, interpersonal, and case management domains.</p> <p>Seeking Safety is an <i>evidence-based model</i> with consistently positive results and high satisfaction. It has been studied and applied in a broad range of populations in terms of ethnic diversity, setting, and severity of trauma history and addiction.</p> <p>Seeking Safety is <i>one of the most cost-effective models</i>, especially for addiction. A government-based analysis indicated that Seeking Safety has 88% likelihood of benefit relevant to cost, which was the third 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).</p>
Summary of Recommendations	<p>Seeking Safety topics</p> <p>Seeking Safety offers a variety of topics, each representing a safe coping skill relevant to trauma and substance problems. The topics address cognitive, behavioral, interpersonal, and case management domains:</p> <ul style="list-style-type: none"> • Interpersonal topics: <i>Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources</i> • Cognitive topics: <i>PTSD: Taking Back Your Power, Compassion, When Substances Control You, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking</i> • Behavioral topics: <i>Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding)</i> • Combination topics: <i>Introduction/Case Management, Safety, Life Choices, Termination</i> <p>Five key principles of Seeking Safety</p> <p>The five principles to this approach are:</p> <ol style="list-style-type: none"> 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. 5. Attention to clinician processes (helping clinicians work on self-care, emotional responses, and other issues) <p>Training and Implementation:</p> <p>All trainings are open for registration for everyone; training calendar can be found on https://www.treatment-innovations.org/store/c13/Open_Trainings.html. Seeking Safety is easy to start and to sustain. Although clients' recovery can be challenging, implementing Seeking Safety is easy and can be conducted by a variety of staff at different programs</p>
Resources	For all studies, go to www.seekingsafety.org