



### **Trauma and Addiction Group**

Facilitators: Clara Downing, L.C.A.S., C.C.S.  
Elias Njiru L.P.C.  
Merioth Wanyama L.C.A.S.  
David Bain Jr., LCAS, CSAC

### **Level of Care Services: SACOT, SAIOP, OPBH**

**Thursdays:** 11:00 to 12:30

### **Program Description: Seeking Safety Trauma and Addiction Group**

- Seeking Safety is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse.
- Clients are educated regarding the purpose of trauma based treatment in terms of regaining self-respect and reclaiming a healthy self-concept and engaging in exercises to explore the ways their self-esteem and self-concept have been affected by addiction and trauma.
- The treatment was designed for flexible use. It has been conducted in group and individual format; for women, men, and mixed-gender; using all topics or fewer topics; in a variety of settings (outpatient, inpatient, residential); and for both substance abuse and dependence. It has also been used with people who have a trauma history, but do not meet criteria for PTSD
- Weekly Individual and Group Format
- This program is a 16-week program with each session being 1.5 hours
- **The key principles of Seeking Safety are:**
  - 1) **Safety** as the overarching goal (helping clients attain safety in their relationships, thinking, behavior, and emotions).

- 2) **Integrated** treatment (working on both PTSD and substance abuse at the same time)
- 3) **A focus on ideals** to counteract the loss of ideals in both PTSD and substance abuse
- 4) **Four content areas:** cognitive, behavioral, interpersonal, case management
- 5) **Attention to clinician processes** (helping clinicians work on countertransference, self-care, and other issues)

### **Materials Used:**

1. Seeking Safety: Coping Skills.
2. Seeking Safety: An implementation guide.
3. Seeking Safety: An evidence-based model for substance abuse and trauma/PTSD
4. A Woman's Addiction Workbook
5. Seeking Safety Therapy for Men
6. including client games, handouts and videos

### **Seeking Safety - sixteen-week twenty-five topics:**

1. Introduction/Case Management,
2. Safety,
3. PTSD:
4. Taking Back Your Power,
5. When Substances Control You,
6. Honesty,
7. Asking for Help,
8. Setting Boundaries in Relationships,
9. Getting Others to Support Your Recovery,
10. Healthy Relationships,
11. Community Resources,
12. Compassion,
13. Creating Meaning,
14. Discovery,

15. Integrating the Split Self,
16. Recovery Thinking,
17. Taking Good Care of Yourself,
18. Commitment,
- 19.. Respecting Your Time,
- 20.. Coping with Triggers,
- 21... Self-Nurturing,
22. Red and Green Flags,
23. Detaching from Emotional Pain (Grounding).
24. Life Choices,
25. Termination.