

Virtual Seeking Safety Training

Wednesday, February 22, 2023

Objectives:

- To review current understanding of trauma and addiction
- To increase empathy and understanding of trauma and addiction
- To describe Seeking Safety, and evidence-based model for trauma and/or addiction
- To provide assessment and treatment resources
- To identify how to apply Seeking Safety for specific populations, such as homeless, adolescents, criminal justice, HIV, military/veteran, etc.

Agenda:

- I. Background (9am to 10:30am, followed by 15 minute morning break)
 1. Brief overview of trauma and substance abuse
 2. Stages of treatment
 3. Description of Seeking Safety
- II. Treatment (10:45am to 12pm, followed by half-hour lunch break)
 1. Detailed focus on Seeking Safety topics
 2. Assessment and community resources
- III. Video on trauma and substance abuse (12:30pm to 1pm)
- IV. Trying out Seeking Safety (1pm to 2:45pm, followed by 15 minute afternoon break)
 1. Implementation guidance
 2. Video demonstration of Seeking Safety topic, "Asking for Help" with real clients
 3. Break into small groups and practice "Asking for Help"
- V. More (3pm to 4pm)
 1. Evidence base
 2. 'Tough cases': brainstorm clinical challenges that can arise
 3. Cultural and other adaptations
 4. Next steps