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Seeking Safety is an

evidenced based treatment model that treats the co-occurring diagnosis's of PTSD and Substance Abuse Treatment focuses on both diagnoses Each condition is seen as adversely affecting the other This model creates a balance between exposure to dual treatment issues

while avoiding exposure to significant trauma memories

Seeking Safety | SAMHSA

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"Born of experience and energized by passion, this carefully crafted and thoughtful treatment manual will guide clinicians through the tricky waters of substance abuse and PTSD treatment. Seeking Safety will help clinicians decide what to do and how to do it well. As empirically guided

treatment manuals begin to emerge in greater numbers and varying quality, Najavits maintains an essential and elegant balance between a lucid map of treatment directions, on the one hand, and the complex

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Seeking Safety: A Treatment Manual for PTSD and Substance ...

Buy Seeking Safety: A Treatment Manual for PTSD and Substance Abuse: Cognitive-Behavioral Therapy for Pt: Written by Lisa M. Najavits, 2002 Edition, Publisher: Guilford Press [Paperback] by Lisa M. Najavits (ISBN: 8601417496770) from

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itself is designed to be

clinician-friendly and

provides a plethora of patient

and therapist information

and handouts. Each chapter

proves to be easily accessible,

including a summary of the

session coping skill, a

therapist orientation to the

topic, ideas for session

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The Seeking Safety manual is

action-oriented, information-

and detail-focused and is also
attentive to the emotional pain

that brings people into

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Seeking safety: A treatment
manual for PTSD and
substance abuse. This manual
presents the first empirically
studied, integrative treatment
approach developed specifically
for posttraumatic stress disorder
(PTSD) and substance abuse.

For persons with this prevalent
and difficult-to-treat dual
diagnosis, the most urgent
clinical need is to establish
safety to work toward
discontinuing substance use,
letting go of dangerous
relationships, and gaining
control over such extreme
symptoms as ...

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The Green Book: Guide to
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Manual for PTSD and Substance
Abuse. This manual presents the
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integrative treatment approach
developed specifically for co-
occurring PTSD and substance
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Self training webinar on
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implementation amid
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Manual for PTSD and
Substance ...
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provides information on
Seeking Safety therapy, an
evidence-based treatment
that helps people with
trauma, posttraumatic stress
disorder, and substance
misuse. It provides
information on Seeking
Safety trainings and articles
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“ The Seeking Safety manual itself is designed to be clinician-friendly and provides a plethora of patient and therapist information and handouts. Each chapter proves to be easily accessible, including a summary of the session coping skill, a therapist orientation to the topic, ideas for session preparation, session content, and examples of tough cases.

Seeking safety: A treatment manual for PTSD and substance ...

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Seeking safety A treatment Manual for PTSD and Substance ...

principles of seeking safety This treatment is based on five central ideas: (1) safety as the priority of this first-stage treatment; (2) integrated treatment of PTSD and substance abuse; (3) a focus on ideals; (4) four