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# *Seeking* SAFETY

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*A Treatment  
Manual for  
PTSD and  
Substance  
Abuse*

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Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (The Guilford Substance Abuse Series)



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This manual presents the first empirically studied, integrative treatment approach developed designed for co-occurring PTSD and drug abuse. For people with this prevalent and difficult-to-treat dual diagnosis, probably the most urgent scientific need is to establish safety--to work toward discontinuing substance make use of, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-damage. teach " Structured however flexible, topics can be conducted in any order and in a range of different types and settings. The manual is divided into 25 specific products or topics, addressing a variety of different cognitive, behavioral, and interpersonal domains. that apply to both disorders;secure coping skills" and restore ideals that have been dropped, including respect, care, protection, and healing. Each topic provides highly practical tools and techniques to engage individuals in treatment; The volume is made for maximum ease of use with a big format, lay-flat binding, and useful reproducible therapist linens and handouts. See also the author's self-help information Recovery from Trauma, Addiction, or Both: Strategies for Finding Your Best Self, a perfect client recommendation.



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A Must-Have For Anyone Working With Addiction And Trauma A must-possess manual for anyone working in the field of addiction and recovery. A lot of people seeking treatment for substance abuse have experienced some form of trauma within their lives, and even those that don't meet requirements for PTSD or haven't experienced a really significant trauma can still take advantage of the lessons and activities in this workbook. Excellent manual: beneficial, explicit, and applicable Exceptional treatment manual for treating substance abuse and post traumatic stress disorder. I discover this book particularly effective in groups because the topic of trauma could be difficult in groups, folks are sometimes reluctant to share their most painful memories in front of others. But this workbook assists turn the concentrate onto healing and development, along with healthy ways to protect yourself and prevent retraumatization (hence the "seeking safety" title). I must say i cannot recommend this reserve enough, it is worth it and I've gotten lots of good use from it and program to continue to do so. Recovery for both will seem the require the same modes of intervention and presents want challenges in recovery Dr. I highly recommended this book for fresh therapist who wish to work . It appropriately relies on a plethora of research that shows the comorbidity of PTSD with Substance Abuse/Addiction. The easy logic Najavits applies appears appropriate; I understood something was wrong about this so when I researched I realized he was not only. Recovery for both does seem the need the same settings of intervention and presents like challenges in recovery.. Continued drug abuse is, of training course, not a likely resource of wanting to beor keeping secure as she points out, and in fact, as the literature indicates, the misuse of substances becomes a type of "repetition compulsion," the tendency to engage a pattern of behavior after traumatic encounters, whereby patients essentially re-traumatizes themselves. The manual does a fantastic job of disseminating details and offering effective treatment methods in a very clear and precise way. This is perhaps because of its clearly written and structured sessions. Searching for Safety is, without doubt, the BEST resource There is to work with clients and elicit change. My hubby is a soldier. I am a counselor and used this reserve with clients both in groupings and within an individual setting. My study led me to Looking for Protection. The strengths of the Searching for Safety model doubtlessly comes in its basic, pragmatic appropriately sensitive approach.. The manual gives 18 (easily remember correctly) group or individually oriented treatment programs and also comprehensive information regarding the character of comorbid PTSD and element use disorders. I'd strongly recommend this manual as an entry way into treating person of most backgrounds, particularly for substance abuse centers. Najavits' treatment manual Looking for Safety is an amazingly practical, psycho-educational approach to scientific intervention.. This manual could be easily employed in practice as a supplement to nondirective therapy. I have used this treatment model in my own therapy practice for the past 5 years with clients who have PTSD and extreme forms of coping (substance abuse, self-harm). This is a extremely effective treatment model and my customers experienced reduced PTSD symptoms and so are less reliant on severe coping. I highly recommended this book for brand-new therapist who wish to use trauma survivors. This treatment is quite structured and as the title suggests, increases physical and emotional security for clients. Not all of my customers possess PTSD, but most possess trauma within their background. There are other recovery options available that are also successful rather than based in religious beliefs or having an increased power. Even with only partial implementation, individuals are complimentary of the components and actively use abilities on on the unit. We are excited to comprehensive the process. I'm not a professional and can follow this book. For that reason, readers ought to know that the Seeking Safety model can be definitive as a psycho-educational approach and my not really lead itself to more penetrating,

deeper group psychotherapy. The Army does not treat them collectively. those afflicted with both what she phone calls "simple" PTSD and "complicated" PTSD also have problems associated with drug abuse or dependency. A soldier that was obtaining punished for having PTSD and it's really symptoms. It is accurate that in my own practice I very regularly find comorbid trauma and material use. I was worried that I would not be able to understand it's vocabulary but for the most component I possibly could. I have also been able to use it for my spouse who's now recovering much better than from any treatment the Army provides tried to provide. Great product Great product He knows it because he's done it Excellent Amazing Great publication and great treatment for groups Five Stars Great counseling information. We are implementing Seeking Safety as the backbone of our inpatient Adolescent Acute Device. So obviously in those areas we just substitute the recovery system of our choice. Helpful Book This book helps people struggling with drug abuse and/or post traumatic stress disorder by giving many helpful suggestions. the BEST resource I've found to utilize clients and elicit .. Najavits makes the idea of seeking protection the priority in any therapeutic context. I rarely write reviews, but felt compelled to take action in praise of this process. I've spent the this past year working at a community mental health site for customers with drug abuse disorders. The weakness of the Najavits approach is usually that it seems overly structured at times, leaving little time or realistic reputation of the truth of group dynamics and patients in group conversation and cohesiveness. It's designed to be utilized in group configurations, but I've also found the materials to end up being useful in specific therapy. If you're working with clients with chemical abuse/PTSD, you won't regret purchasing this publication. I find this a fantastic resource and prefer it Having used another plan, I find this an excellent resource and prefer it. However, it would be beneficial if the term PTSD used through the entire program would instead refer to trauma in general. Exceptional program on concrete skills. I've now carried this reserve to meetings with Officers that can affect transformation in the system hoping that it'll catch on and they'll begin to use it's model. Recommended This was highly recommended by my supervisor. Quality publication! Social workers and counselors want this. Great resource This is an excellent book for group work, or individual work. I love this reserve for my customers. The only thing I don't look after is the use of AA/NA being stressed.



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