

SEEKING SAFETY

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of clients and easy to implement. Any clinician can conduct it even without training as it is an extremely safe model.

Resource Links:

- 1) <http://www.treatment-innovations.org/seeking-safety.html>