

# Seeking Safety

## Course Description:

The goal of this presentation is to describe *Seeking Safety*, an evidence-based treatment for trauma and/or substance abuse (clients do not have to have both issues). By the end of the training day, participants can implement Seeking Safety in their setting if they choose to. *Seeking Safety* teaches present-focused coping skills to help clients attain safety in their lives. It is highly flexible and can be conducted with a wide range of clients, clinicians, and settings. There are 25 treatment topics, each representing a safe coping skill relevant to both trauma and/or substance abuse, such as "Asking for Help", "Creating Meaning", "Compassion", and "Healing from Anger". Topics can be done in any order and the treatment can be done in few or many sessions as time allows. *Seeking Safety* strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage patients; attends to clinician processes; and provide concrete strategies to build recovery skills. In this training we cover (a) background on trauma and substance abuse (rates, presentation, models and stages of treatment, clinical challenges); and (b) overview of *Seeking Safety* including evidence-base; and (c) clinical implementation such as use of the model with specific populations. Assessment tools and national resources are also described. Learning methods include PowerPoint, video, exercises, role-play, and discussion. For more information on *Seeking Safety* see [www.seekingsafety.org](http://www.seekingsafety.org).

## Objectives: Participants will be able to:

- Discuss current understanding of evidence-based treatment of trauma and substance abuse
- Demonstrate empathy and understanding of trauma and substance abuse
- Describe *Seeking Safety*, an evidence-based model for trauma and/or substance abuse
- Identify assessment and treatment resources

**Summer Krause, LPC, CADCI** is a Licensed Professional Counselor and Certified Alcohol and Drug Counselor III, with a clinical practice in Oregon that includes adolescent and adult Seeking Safety, in both individual and group modality. She has worked with Treatment Innovations since 2011. She counsels children, adolescents and adults and has spent the majority of her career working with adolescents. Her specialties are grief, trauma and addiction. After volunteering in juvenile detention centers for many years, starting in 1996, Summer went to graduate school to help address some of the underlying issues that contribute to youth entering the juvenile justice system. She completed her master's degree in counseling with a focus on children and adolescents and has specialized training in trauma-informed care. She has worked in nonprofit, group home, juvenile justice, residential and outpatient settings. After being trained by Lisa Najavits in Seeking Safety, Summer implemented Seeking Safety groups for adolescent boys and girls in a residential treatment program.

\*\*\* The Santa Clara County Behavioral Health Services Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. SCCBHSD maintains responsibility for the program/course and its content. This course meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approved agency-Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP). Lunch and scheduled breaks during the training do not count towards CEU credit.

**WebCam participation is required for CEU. Post test will be available immediately after the training and open for only 30 min. Participants must pass the post test with 80% and higher to receive CEU credits. No re-take.**

- ◇ Contact Learning Partnership if you need accommodations for one of our training at [LPTraining@hhs.sccgov.org](mailto:LPTraining@hhs.sccgov.org).
- ◇ Do You Have a Grievance? Contact Learning Partnership at [LPtraing@hhs.sccgov.org](mailto:LPtraing@hhs.sccgov.org).
- ◇ You can download/print your own CEU Certificate online at [sccLearn](http://sccLearn) 3-5 weeks after the training date.
- ◇ Our Trainings are free. Register online at [sccLearn](http://sccLearn).

**Target Audience:** Santa Clara County Behavioral Health Services staff and contracted agencies

**May 27, 2022**  
**9:00 am-4:30 pm**

**Registration Deadline is 2 business days before the training.**  
**No walk-in/add-on.**

**ZOOM**

**Zoom link & handout will be emailed to sccLearn registrants.**  
**DO NOT SHARE the zoom link with others.** (SccLearn pre-registration is required)