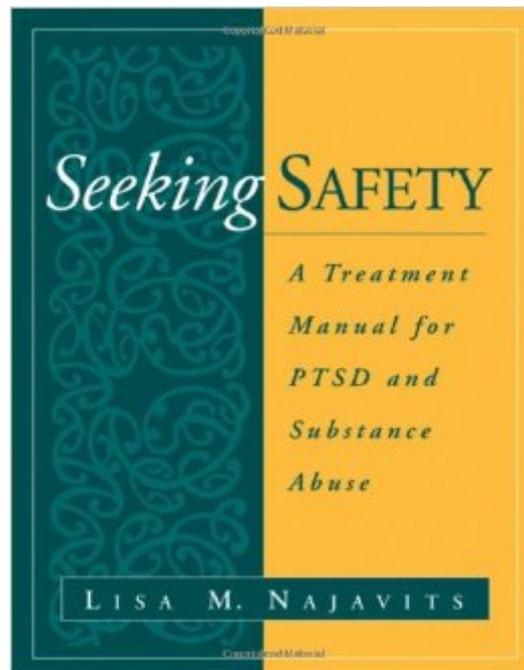


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# Seeking Safety: A Treatment Manual For PTSD And Substance Abuse (Guilford Substance Abuse)



## Synopsis

This manual presents the first empirically studied, integrative treatment approach developed specifically for 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 dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large format, lay-flat binding, and helpful reproducible therapist sheets and handouts.

## Book Information

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## Customer Reviews

This book, intended for therapists, is a comprehensive, compassionate, and accessible guide to what Najavits establishes is the first crucial step for someone struggling with PTSD and substance abuse: learning to feel safe. It is also an excellent resource for patients who want to help themselves. What I like best is that the book is filled with checklists, stories, exercises, and quotations such that I can open to nearly any page and find ideas that are both practical and

inspirational. In short, this is a great book.

I can see why this book got such rave reviews and is such a best-seller. It's a superb book, offering both real insight into trauma and addiction, as well as hands-on clinical tools. As someone in the field, I have found both the philosophical and practical aspects of Najavits' work incomparable. On top of the impeccable professionalism, is her impressive writing. This is a must buy for anyone interested in this area.

My husband is a soldier. A soldier that was getting punished for having PTSD and it's symptoms. I knew something was wrong about that and as I researched I realized he was not alone. The Army does not treat them together. My research led me to Seeking Safety. I was worried that I would not be able to understand it's language but for the most part I could. I have also been able to use it for my husband who is now recovering better than from any treatment the Army has tried to provide. The only thing I don't care for is the use of AA/NA being stressed. There are other recovery options available that are also successful and not based in religion or having a higher power. So obviously in those areas we just substitute the recovery program of our choice. I have now carried this book to meetings with Officers that can affect change in the system hoping that it will catch on and they will start to use it's model.

This manual is in use and recommended for use by the VA's National Center for PTSD at Palo Alto California.

I am finding this manual very useful in working with clients who suffer with PTSD and Substance Abuse. The handouts are helpful and appropriate, and my client's are responding positively to this treatment approach. The activities quickly help them recognize how the two disorders are inter-related and that they need to address both issues simultaneously in order to find their road to recovery.

Thank you for writing such a great book. I have suffered from addictions for years, tried many books and many methods. Working with a group or individual is one thing, but for me, nothing helps more than a book. It's on call twenty four hours a day and I can easily reference it. As far as books go...this one is by far the best. The most comprehensive and in-depth book I've read so far. It provided tremendous support and guidance on issues that often result in isolation. Most of all, it

didn't talk down to me as a reader. That's something I don't need! Thank you for making this book available and writing it in such a helpful way.

This is the best treatment manual I have ever read. It is inspiring, hopeful, carefully constructed, and has exceptional clinical sensitivity for clients. So many books in psychology are written in a dry, academic style, and lack real awareness of clients. This book is a rare and notable exception.

A must-have manual for anyone working in the field of addiction and recovery. Many individuals seeking treatment for substance abuse have experienced some form of trauma in their lives, and even those who don't meet criteria for PTSD or haven't experienced a really significant trauma can still benefit from the lessons and activities in this workbook. I am a counselor and used this book with clients both in groups and in an individual setting. I find this book particularly effective in groups because the topic of trauma can be difficult in groups, people are sometimes reluctant to share their most painful memories in front of others. But this workbook helps turn the focus onto healing and growth, as well as healthy ways to protect yourself and prevent retraumatization (thus the "seeking safety" title). I really cannot recommend this book enough, it is worth every penny and I have gotten a LOT of good use out of it and plan to continue to do so.

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