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YOU ARE INVITED TO ATTEND THE

SEEKING SAFETY GROUP

Seeking Safety will cover these topics:

- PTSD: Taking back your power
- Grounding
- When substances control you
- Asking for help
- Taking good care of yourself
- Compassion
- Honesty
- Red and green flags
- Recovery thinking
- Commitment
- Setting boundaries in relationships
- Getting others to support your recovery
- Coping with triggers
- Healthy relationships
- Self-nurturing
- Healing from anger
- And other topics

Family services
Building B
Group Room

Drop-In Group

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Presented by:



A PARENT ADVOCACY PROGRAM



Seeking Safety Handouts

**Patricia Furer, John R. Walker, Murray
B. Stein**



Seeking Safety Handouts:

Seeking Safety Lisa M. Najavits, 2021-05-07 This manual presents the first empirically studied integrative treatment approach developed specifically for co occurring 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 size format and helpful reproducible therapist sheets and handouts which purchasers can also download and print at the companion webpage See also the author s self help guide *Finding Your Best Self* Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation

A Woman's Addiction Workbook Lisa Najavits, 2002 Women and girls are now becoming addicted at greater rates than ever before and until very recently women in recovery were dependent on treatment models based solely on work with men Harvard addiction and trauma expert Lisa M Najavits offers this step by step program to help women overcome the often overlooked problems associated with their drug and alcohol addictions such as body image trauma and violence relationships stress and thrill seeking She explores how women differ from men in their addiction and recovery and adapts this information to help you embark on your journey to healing A chapter on co occurring emotional problems allows you to evaluate whether you have any of the key disorders common among women with addiction such as depression post traumatic stress eating disorders or phobias With this strengths building workbook begin to come to terms with your personal addiction story Healing exercises in four areas feelings beliefs action and relationships help women build self respect Exercises include Listen to That Small Quiet Voice Extreme Self Care Self Soothing Become Friends with Women Rethink Take Charge Share Responsibility and Mourn In addition to these exercises and techniques the book offers valuable resources of recovery support information

Cognitive Processing Therapy for PTSD Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-26 The culmination of more than 25 years of clinical work and research this is the authoritative presentation of cognitive processing therapy CPT for posttraumatic stress disorder PTSD Written by the treatment s developers the book includes session by session guidelines for implementation complete with extensive sample dialogues and 40 reproducible client handouts It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations such as combat veterans sexual assault survivors and culturally diverse clients The large size format facilitates photocopying and day to day use Purchasers also get access to a Web page where they can download and print the reproducible materials CPT is endorsed

by the U S Departments of Veterans Affairs and Defense the International Society of Traumatic Stress Studies and the U K National Institute for Health and Care Excellence NICE as a best practice for the treatment of PTSD

Posttraumatic Stress and Substance Use Disorders Anka A. Vujanovic, Sudie E. Back, 2019-04-23 Posttraumatic Stress and Substance Use Disorders summarizes the state of the field from a biopsychosocial perspective addressing key domains of interest to clinicians students instructors and researchers This book is a valuable resource and reference guide for multidisciplinary practitioners and scientists interested in the evidence based assessment and treatment of posttraumatic stress and substance use disorders Chapters written by leaders in the field cover the latest research on assessment diagnosis evidence based treatments future directions and much more

Anger Management for Substance Abuse and Mental Health Clients Patrick M. Reilly, 2002

The Happiness Trap Russ Harris, 2013 A guide to ACT the revolutionary mindfulness based program for reducing stress overcoming fear and finding fulfilment now updated International bestseller The Happiness Trap has been published in over thirty countries and twenty two languages NOW UPDATED Popular ideas about happiness are misleading inaccurate and are directly contributing to our current epidemic of stress anxiety and depression And unfortunately popular psychological approaches are making it even worse In this easy to read practical and empowering self help book Dr Russ Harries reveals how millions of people are unwittingly caught in the The Happiness Trap where the more they strive for happiness the more they suffer in the long term He then provides an effective means to escape through the insights and techniques of ACT Acceptance and Commitment Therapy a groundbreaking new approach based on mindfulness skills By clarifying your values and developing mindfulness a technique for living fully in the present moment ACT helps you escape the happiness trap and find true satisfaction in life Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress enhance performance manage emotions improve health increase vitality and generally change your life for the better The book provides scientifically proven techniques to reduce stress and worry rise above fear doubt and insecurity handle painful thoughts and feelings far more effectively break self defeating habits improve performance and find fulfilment in your work build more satisfying relationships and create a rich full and meaningful life

Treating Traumatic Stress in Children and Adolescents Margaret E. Blaustein, Kristine M. Kinniburgh, 2019 Packed with practical clinical tools this guide explains how to plan and organize individualized interventions that promote resilience strengthen child caregiver relationships and restore developmental competencies derailed by chronic multiple stressors Includes more than 45 reproducibles

The Teen Relationship Workbook Kerry Moles, 2001 This workbook is for therapists counselors and other professionals working with young people to prevent or end relationship abuse Designed to teach teens to recognize the warning signs in relationship abuse and develop skills for healthy relationships

Compassion Focused Therapy Paul Gilbert, 2010-04-16 Research into the beneficial effect of developing compassion has advanced enormously in the last ten years with the development of inner compassion being an important therapeutic focus and goal This book explains how

Compassion Focused Therapy CFT a process of developing compassion for the self and others to increase well being and aid recovery varies from other forms of Cognitive Behaviour Therapy Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach Divided into two parts Theory and Compassion Practice this concise book provides a clear guide to the distinctive characteristics of CFT Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT

Psychological First Aid World Health Organization, 2014-05 This manual is designed to orient helpers to offer psychological first aid PFA to people following a serious crisis event PFA involves humane supportive and practical assistance for people who are distressed in ways that respect their dignity culture and abilities The instructions and materials in this manual are for a half day orientation 4 hours excluding breaks to prepare helpers to support people recently affected by very stressful events If you have more time available for the orientation extra activities and slides are included in text boxes to deliver a full day orientation five and a half hours excluding breaks Where possible one should organize full day orientations to allow for deeper learning It is important to adapt the orientation and materials to the local culture language and context and to the likely kinds of crisis situations in which your participants would be helping This facilitator s manual is to be used together with Psychological First Aid Guide for Field Workers

Exposure Therapy for Anxiety Jonathan S. Abramowitz, Brett J. Deacon, Stephen P. H. Whiteside, 2019-04-09 Now revised and expanded to include cutting edge acceptance based techniques and a new focus on inhibitory learning this is the leading guide to therapeutic exposure a crucial element of evidence based psychological treatments for anxiety The book helps the clinician gain skills and confidence for implementing exposure successfully and tailoring interventions to each client s needs regardless of diagnosis The theoretical and empirical bases of exposure are reviewed and specialized assessment and treatment planning techniques are described User friendly features include illustrative case examples sample treatment plans ideas for exercises targeting specific types of fears and reproducible handouts and forms that can be downloaded and printed in a convenient 8 x 11 size New to This Edition Chapter on acceptance and commitment therapy ACT techniques Reflects a shift in the field toward inhibitory learning helping clients learn to tolerate anxiety and uncertainty to maximize long term outcomes Chapter on uses of technology such as computer based therapy and virtual reality tools Conceptual empirical and clinical advances woven throughout See also the related client recommendation The Anxiety and Worry Workbook Second Edition by David A Clark and Aaron T Beck

Therapist's Guide to Evidence-Based Relapse Prevention Katie A. Witkiewitz, G. Alan Marlatt, 2011-04-28 Describes the evidence based approaches to preventing relapse of major mental and substance related disorders Therapist s Guide to Evidence based Relapse Prevention combines the theoretical rationale empirical data and the practical how to for intervention programs The first section will serve to describe the cognitive behavioral model of relapse and provide a general introduction to relapse prevention techniques While Section II

will focus on specific problem areas Section III will focus on diverse populations and treatment settings Incorporates theoretical and empirical support Provides step by step strategies for implementing relapse prevention techniques Includes case studies that describe application of relapse prevention techniques A Volcano in My Tummy Eliane

Whitehouse,Warwick Pudney,1996-01-01 A Volcano in My Tummy Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children s anger Using easy to understand yet rarely taught skills for anger management including how to teach communication of emotions A Volcano in My Tummy offers engaging well organized activities which help to overcome the fear of children s anger which many adult care givers experience By carefully distinguishing between anger the feeling and violence the behavior this accessible little book primarily created for ages 6 to thirteen helps to create an awareness of anger enabling children to relate creatively and harmoniously at critical stages in their development Through activities stories articles and games designed to allow a multi subject developmental approach to the topic at home and in school A Volcano in My Tummy gives us the tools we need to put aside our problems with this all too often destructive emotion and to have fun while we re at it Elaine Whitehouse is a teacher family court and private psychotherapist mother of two and leader of parenting skills workshops for eight years Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management abuser therapy and men s change groups as well as being a father of three Both regularly conduct workshops **The Betrayal Bond** Patrick Carnes,1997-11 Divorce incest child abuse domestic violence kidnapping are situations of incredible intensity where there is an exploitation of trust or power Dr Patrick Carnes presents an in depth study of such relationships how to recognize when traumatic bonding has occurred and the steps to take to extricate oneself or a loved one from the relationship

Emergency Response Guidebook U.S. Department of Transportation,2013-06-03 Does the identification number 60 indicate a toxic substance or a flammable solid in the molten state at an elevated temperature Does the identification number 1035 indicate ethane or butane What is the difference between natural gas transmission pipelines and natural gas distribution pipelines If you came upon an overturned truck on the highway that was leaking would you be able to identify if it was hazardous and know what steps to take Questions like these and more are answered in the Emergency Response Guidebook Learn how to identify symbols for and vehicles carrying toxic flammable explosive radioactive or otherwise harmful substances and how to respond once an incident involving those substances has been identified Always be prepared in situations that are unfamiliar and dangerous and know how to rectify them Keeping this guide around at all times will ensure that if you were to come upon a transportation situation involving hazardous substances or dangerous goods you will be able to help keep others and yourself out of danger With color coded pages for quick and easy reference this is the official manual used by first responders in the United States and Canada for transportation incidents involving dangerous goods or hazardous materials *The Queer and Transgender Resilience Workbook* Anneliese A. Singh,2018-02-02 How can you build

unshakable confidence and resilience in a world still filled with ignorance inequality and discrimination The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages handle stress build a community of support and embrace your true self Resilience is a key ingredient for psychological health and wellness It is what gives people the psychological strength to cope with everyday stress as well as major setbacks For many people stressful events may include job loss financial problems illness natural disasters medical emergencies divorce or the death of a loved one But if you are queer or gender non conforming life stresses may also include discrimination in housing and health care employment barriers homelessness family rejection physical attacks or threats and general unfair treatment and oppression all of which lead to overwhelming feelings of hopelessness and powerlessness So how can you gain resilience in a society that is so often toxic and unwelcoming In this important workbook you will discover how to cultivate the key components of resilience holding a positive view of yourself and your abilities knowing your worth and cultivating a strong sense of self esteem effectively utilizing resources being assertive and creating a support community fostering hope and growth within yourself and finding the strength to help others Once you know how to tap into your personal resilience you will have an unlimited well you can draw from to navigate everyday challenges By learning to challenge internalized negative messages and remove obstacles from your life you can build the resilience you need to embrace your truest self in an imperfect world

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins, 2017-11-17 Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments This deepened understanding of the nature of psychological disorders their causes and their symptoms has led to the development of new comprehensive treatment programs that are effective for whole classes of disorders Unified Protocol for Transdiagnostic Treatment of Emotional Disorders is one such program Designed for individuals suffering from emotional disorders including panic disorder social anxiety disorder generalized anxiety disorder posttraumatic stress disorder obsessive compulsive disorder and depression this program focuses on helping you to better understand your emotions and identify what you are doing in your responses to them that may be making things worse Throughout the course of treatment you will learn different strategies and techniques for managing your emotional experiences and the symptoms of your disorder You will learn how to monitor your feelings thoughts and behaviors confront uncomfortable emotions and learn more effective ways of coping with your experiences By proactively practicing the skills presented in this book and completing the exercises homework assignments and self assessment quizzes provided in each chapter you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life

Experiencing Schema Therapy from the Inside Out Joan M. Farrell, Ida A. Shaw, 2018-01-01 This unique resource

helps therapists build their skills in schema therapy ST by applying ST techniques to themselves and reflecting on the experience Designed for use by individuals or groups the book harnesses the power of self practice self reflection SP SR an evidence based training strategy Twenty modules take therapists step by step through using ST to address a professional or personal problem from establishing safety and creating a self conceptualization to implementing mode change work including cognitive experiential and behavioral pattern breaking interventions In a convenient large size format the book is illustrated with vivid therapist examples and features numerous reproducible worksheets and forms for doing the SP SR exercises Purchasers get access to a Web page where they can download and print the reproducible materials

Treating Health Anxiety and Fear of Death Patricia Furer, John R. Walker, Murray B. Stein, 2007-03-07 Contemporary culture includes a high awareness of personal and global health hazards Many people may feel some anxiety in this regard but some develop an unbearable sense of dread that prevents them from functioning Treating Health Anxiety gives prescribing and non prescribing clinicians as well as the counselors and social workers who encounter the problem the tools to reduce both the fears and the medical costs that so often accompany them

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019) U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change Counselors can support clients movement toward positive changes in their substance use by identifying and enhancing motivation that already exists Motivational approaches are based on the principles of person centered counseling Counselors use of empathy not authority and power is key to enhancing clients motivation to change Clients are experts in their own recovery from SUDs Counselors should engage them in collaborative partnerships Ambivalence about change is normal Resistance to change is an expression of ambivalence about change not a client trait or characteristic Confrontational approaches increase client resistance and discord in the counseling relationship Motivational approaches explore ambivalence in a nonjudgmental and compassionate way

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