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Seeking Safety will help clinicians decide what to do and how to do it well. As empirically guided treatment manuals begin to emerge in greater numbers and varying quality, Najavits maintains an essential and elegant balance between a lucid map of treatment directions, on the one hand, and the complex dynamics of the clinical territory on the other.

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DOI: 10.1080/713869629 Corpus ID: 37226266. Seeking Safety: A Treatment Manual for PTSD and Substance Abuse @article{Heffernan2003SeekingSA, title={Seeking Safety: A Treatment Manual for PTSD and Substance Abuse}, author={K. Heffernan}, journal={Psychotherapy Research}, year={2003}, volume={13}, pages={125 - 126} }

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The Seeking Safety manual is action-oriented, information- and detail-focused and is also attentive to the emotional pain that brings people into treatment....In sum, Seeking Safety has scientific merit, clinical wisdom, provides an excellent philosophy and protocol for the 'time- and resource-strained clinician,' and patients like it! "

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Mental health professionals, see also the author's Seeking Safety: A Treatment Manual for PTSD and Substance Abuse, which presents an evidence-based treatment approach developed specifically for PTSD and substance abuse. Therapist S Guide To Evidence Based Relapse Prevention

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*The Seeking Safety manual itself is designed to be clinician-friendly and provides a plethora of patient and therapist information and handouts. Each chapter proves to be easily accessible, including a summary of the session coping skill, a therapist orientation to the topic, ideas for session preparation, session content, and examples of tough cases.

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Seeking Safety: An Evidence-Based Practice for Trauma
Upcoming Seeking Safety training webinar on 1/15/21 Upcoming Finding Your Best Self training webinar on 2/4/21 NEW information on Seeking Safety training and implementation amid COVID-19

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