Seeking Safety

The purpose of this document is to provide a brief overview of Seeking Safety based on the information available in The Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA’s NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit http://www.nrepp.samhsa.gov.

What is it?
Seeking Safety is a present-focused treatment for clients with a history of trauma and substance abuse. The treatment was designed for flexible use: group or individual format, male and female clients, and a variety of settings (e.g., outpatient, inpatient, residential). Seeking Safety focuses on coping skills and psychoeducation and has five key principles:

1. safety as the overarching goal (helping clients attain safety in their relationships, thinking, behavior, and emotions);
2. integrated treatment (working on both posttraumatic stress disorder (PTSD) and substance abuse at the same time);
3. a focus on ideals to counteract the loss of ideals in both PTSD and substance abuse;
4. four content areas: cognitive, behavioral, interpersonal, and case management;
5. attention to clinician processes (helping clinicians work on countertransference, self-care, and other issues)

Who is it for? What presenting problems does it address?
Individuals with a history of trauma and substance abuse.

What outcomes are addressed in the research?
1. Substance use
2. Trauma-related symptoms
3. Psychopathology
4. Treatment retention

How much does it cost?*
*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Check with the implementation point of contact for current cost information and implementation requirements.

1. Manual: $46 each
2. Poster of safe coping skills: $16 each
3. Card deck of safe coping skills: $16 each
4. Training videos: $250 per set
5. Adherence scale: Free
6. 1-, 1.5-, or 2-day, on-site training: $1,600 per day plus travel expenses
7. Telephone consultation: $115 per hour

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For additional information and resources on Seeking Safety, visit:

- **SAMHSA’s National Registry of Evidence-based Programs and Practices: Seeking Safety**

- **The California Evidence-Based Clearinghouse for Child Welfare: Seeking Safety**
  This webpage provides detailed information about Seeking Safety, including its scientific rating on the CEBC’s Scientific Rating Scale.

- **Seeking Safety**

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