

Seeking Safety: A Comprehensive Guide to Treatment and Recovery from Post-Traumatic Stress Disorder (PTSD) and Substance Abuse

by Judith Eichler Weber

Seeking Safety is a comprehensive guide to treatment and recovery from post-traumatic stress disorder (PTSD) and substance abuse. The book is written by Judith Eichler Weber, a clinical psychologist and researcher who has been working in the field of PTSD and addiction for over 25 years.

The book is divided into three parts. The first part provides an overview of PTSD and substance abuse, including the symptoms, causes, and consequences of each disorder. The second part of the book describes the Seeking Safety treatment model, which is a cognitive-behavioral therapy that has been shown to be effective in treating PTSD and substance abuse. The third part of the book provides resources for people who are seeking help for PTSD and substance abuse, including information on finding a therapist, support groups, and other resources.

The Seeking Safety treatment model is a cognitive-behavioral therapy that has been shown to be effective in treating PTSD and substance abuse. The model is based on the idea that people who have experienced trauma and/or are struggling with substance abuse often have difficulty regulating their emotions and behaviors. The goal of Seeking Safety is to help people learn how to manage their emotions and behaviors in a healthy way, so that they can live a more fulfilling and productive life.



★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 90 pages
Lending : Enabled



The Seeking Safety treatment model consists of 25 modules, which are divided into four phases:

- **Phase 1: Safety** The goal of this phase is to help people establish safety and stability in their lives. This may involve learning how to manage their emotions and behaviors, as well as developing a support system.
- **Phase 2: Identification and Understanding** The goal of this phase is to help people identify and understand the triggers that lead to their PTSD symptoms and/or substance abuse. This may also involve learning about the effects of trauma and/or addiction on the brain and body.
- **Phase 3: Coping and Skills Building** The goal of this phase is to help people develop coping skills that they can use to manage their PTSD symptoms and/or substance abuse. This may include learning how to relax, how to manage their thoughts, and how to communicate effectively with others.

- **Phase 4: Advanced Skills and Recovery** The goal of this phase is to help people integrate the skills they have learned into their lives and to develop a plan for continued recovery. This may include learning how to set goals, how to make decisions, and how to build a healthy lifestyle.

Seeking Safety is a treatment model that can benefit anyone who is struggling with PTSD and/or substance abuse. The model is particularly helpful for people who have experienced trauma, as it can help them to understand the effects of trauma on their lives and to develop coping skills that they can use to manage their symptoms.

If you are interested in finding a Seeking Safety therapist, you can visit the website of the International Association of Trauma Professionals (IATP). The IATP is a professional organization that provides training and certification for therapists who work with trauma survivors.

You can also search for Seeking Safety therapists in your area by using the online directory of the National Registry of Certified Counselors (NRCC). The NRCC is a professional organization that provides certification for counselors who meet certain standards of education and experience.

Seeking Safety is a comprehensive guide to treatment and recovery from PTSD and substance abuse. The book provides an overview of PTSD and substance abuse, describes the Seeking Safety treatment model, and provides resources for people who are seeking help. If you are struggling with PTSD and/or substance abuse, I encourage you to learn more about Seeking Safety.



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