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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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SUBSTANCE ABUSE . PTSD and Substance Abuse: Patients ' Perspective “ The more I use, the more I won ' t feel anything. The pain is so bad you just want to die. There is no other way out. If you talk about it, it will hurt too much.

Sample Chapter: Seeking Safety: A Treatment Manual for ...

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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 Evidenced-Based Practice for Trauma

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Seeking Safety: A Treatment Manual for PTSD and Substance Abuse. Paperback – Illustrated, 7 February 2002. by Lisa Najavitas (Author) 4.7 out of 5 stars 461 ratings. Edition: 1st. See all formats and editions. Hide other formats and editions. Amazon Price. New from.

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