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L I S A M. N A J A V I T S

Seeking Safety Manual

Eric Blaauw, Hendrik Roozen



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Seeking Safety Lisa M. Najavits, 2021-05-07 This manual presents the most widely adopted evidence based treatment for co occurring trauma and addiction For clients facing one or both of these issues the most urgent clinical need is to establish safety to reduce addictive behavior build healthy relationships manage symptoms such as dissociation and self harm and restore ideals that have been lost Seeking Safety focuses on coping skills in the present it can be implemented with individuals or groups by any provider as well as by peers It offers 25 topics such as Asking for Help Taking Good Care of Yourself Setting Boundaries in Relationships Healing from Anger Honesty and Coping with Triggers The model is highly flexible practical and engaging and can be conducted with any other treatment including the author s past focused model Creating Change The book has a large size format and features reproducible client handouts that can be photocopied or downloaded See also Creating Change A Past Focused Treatment for Trauma and Addiction and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation **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

Cognitive-Behavioral Therapies for Trauma, Second Edition Victoria M. Follette, Josef I. Ruzek, 2006-01-17 This volume presents cutting edge cognitive and behavioral applications for understanding and treating trauma related problems in virtually any clinical setting Leading scientist practitioners succinctly review the whys whats and hows of their respective approaches Encompassing individual group couple and parent child treatments the volume goes beyond the traditionally identified diagnosis of PTSD to include strategies for addressing comorbid substance abuse traumatic revictimization complicated grief acute stress disorder and more It also offers crucial guidance on assessment case conceptualization and treatment planning Substance Abuse Treatment for Youth and Adults David W. Springer, Allen Rubin, 2009-08-21 State of

the art empirical support for the treatment of substance abuse Part of the Clinician s Guide to Evidence Based Practice Series Substance Abuse Treatment for Youth and Adults provides busy mental health practitioners with detailed step by step guidance for implementing clinical interventions that are supported by the latest scientific evidence Edited by renowned educators David W Springer and Allen Rubin this thorough yet practical reference draws on a roster of experts and researchers in the field who have assembled state of the art knowledge into this well rounded guide Each chapter serves as a

practitioner focused how to guide and covers interventions that have the best empirical support for treating substance abuse problems including Family behavior therapy for substance abuse and associated problems Motivational interviewing Problem solving and social skills training Adolescent community reinforcement approach A CRA Cognitive behavioral coping skills therapy for adults Seeking Safety treatment for clients with PTSD and substance abuse Easy to use and accessible in tone Substance Abuse Treatment for Youth and Adults is an indispensable resource for practitioners who would like to implement evidence based compassionate effective interventions in their care of substance abusing clients

Handboek forensische verslavingszorg Eric Blaauw, Hendrik Roozen, 2015-01-13 Verslavingsproblematiek speelt een belangrijke rol in het veld van politie justitie gevangeniswezen tbs en forensische zorginstellingen Verslaving en criminaliteit gaan hand in hand Dit boek gaat in op deze complexe relatie maar legt de focus vooral op de mogelijkheden om de relatie tussen verslaving en criminaliteit te doorbreken Een handboek dat er buitengewoon goed in is geslaagd om de actuele stand van zaken met betrekking tot de verslavingszorg binnen de diverse forensische contexten in samenhang en voor de lezer op toegankelijke wijze inzichtelijk te maken Het zet de lezer aan tot een nadere reflectie op de diagnostiek en indicatiestelling met betrekking tot verslavingsproblematiek In het licht van de actuele ontwikkelingen op het terrein van de forensische zorg in de penitentiaire inrichtingen een absolute aanrader voor alle bij de zorg betrokken professionals en beleidsmakers Drs J C J Fischer GZ psycholoog Ressort coördinator van bij het Gevangeniswezen werkzame GZ psychologen De forensische verslavingszorg omvat de zorg aan verslaafde personen met een strafrechtelijke titel Deze zorg is volop in beweging Nadat de financiering van de zorg voor justitiabelen in 2008 in handen kwam van justitie kregen het forensische circuit en het veld van de geestelijke gezondheidszorg meer met elkaar te maken Het gevangeniswezen is druk bezig met zich in te stellen op individuele zorg voor gedetineerden en zorginstellingen richten zich meer op personen met een strafrechtelijke titel waaronder gedetineerden De reclassering focust haar werk in toenemende mate op individuele vereisten van justitiabelen en nieuwe wetten en beleidslijnen worden in hoog tempo aangescherpt Het Handboek forensische verslavingszorg bespreekt deze veranderingen en de huidige stand van zaken in de zorg voor verslaafde justitiabelen De forensische verslavingszorg omvat de zorg aan verslaafde personen met een strafrechtelijke titel Deze zorg is volop in beweging Nadat de financiering van de zorg voor justitiabelen in 2008 in handen kwam van justitie kregen het forensische circuit en het veld van de geestelijke gezondheidszorg meer met elkaar te maken Het gevangeniswezen is druk bezig met zich in te stellen op individuele zorg voor gedetineerden en zorginstellingen richten zich meer op personen met een strafrechtelijke titel waaronder gedetineerden De reclassering focust haar werk in toenemende mate op individuele vereisten van justitiabelen en nieuwe wetten en beleidslijnen worden in hoog tempo aangescherpt Het Handboek forensische verslavingszorg bespreekt deze veranderingen en de huidige stand van zaken in de zorg voor verslaafde justitiabelen Het boek behandelt de mogelijkheden voor een goede forensische verslavingszorg in het spanningsveld van meer en zwaarder straffen en meer

behandelen met de vermindering van recidive als doel De verschillende behandelingen die wetenschappelijk gezien hun nut hebben bewezen komen hierbij aan bod en ook de behandelingen in de verschillende werkvelden Daarbij wordt tevens ingegaan op diagnostiek en de rol van het slachtoffer Uniek in zijn opzet zal het boek van nut zijn voor verslavingszorginstellingen GGZ instellingen reclasseringsinstellingen penitentiaire inrichtingen TBS inrichtingen opleidingsinstituten En voor afzonderlijke professionals die te maken hebben met de forensische verslavingszorg

Group Approaches to Treating Traumatic Stress Josef I. Ruzek, Matthew M. Yalch, Kristine M. Burkman, 2023-10-25 Filling a key need this unique handbook reviews the state of the science of group based treatment of posttraumatic stress disorder PTSD and other trauma related problems and offers detailed descriptions of specific approaches Leading clinician researchers present their respective therapies step by step including mini manuals with extensive case examples The volume provides practical guidance about basic skills for leading groups for trauma survivors ways of comparing different kinds of groups and the place of group therapy in the overall arc of trauma treatment Special topics include training supervision and evaluation of trauma therapy groups and conducting virtual telehealth groups

Handbook of Military Social Work Allen Rubin, Eugenia L. Weiss, Jose E. Coll, 2012-11-27 The need has never been more crucial for community health providers programs and organizations to have access to training in addressing the unique behavioral health challenges facing our veterans active duty military and their families Handbook of Military Social Work is edited by renowned leaders in the field with contributions from social work professionals drawing from their wealth of experience working with veterans active duty military and their families Handbook of Military Social Work considers Military culture and diversity Women in the military Posttraumatic stress disorder in veterans Traumatic brain injury in the military Suicide in the military Homelessness among veterans Cycles of deployment and family well being Grief loss and bereavement in military families Interventions for military children and youth Offering thoughtful advice covering the spectrum of issues encountered by mental health professionals working with individuals and families Handbook of Military Social Work will contribute to the improvement of efforts to help our military personnel veterans and their families deal with the challenges they face

Handbook of Counseling Women Mary Kopala, Merle Keitel, 2016-10-06 The Handbook of Counseling Women edited by Mary Kopala and Merle Keitel draws together a nationally recognized group of contributing scholars and practitioners to address current theories research and issues relevant to the mental and physical well being of women Comprehensive and accessible the Second Edition is organized into three parts covering theoretical sociocultural biological and developmental considerations assessment diagnosis and intervention and supervision research and ethics The reorganization of this new edition includes more sections and chapters giving special attention to such topics as women and poverty intimate partner violence women s career barriers and considerations for specific ethnic groups

Anxiety and Substance Use Disorders Sherry H. Stewart, Patricia Conrod, 2007-12-03 It takes my worries away it helps me unwind when I m tense Those with an anxiety disorder are at two to

five times greater risk of having an alcohol or drug use disorder than those without an anxiety disorder And although anxiety disorders are among the most common co occurring conditions affecting people with substance issues mainstream methods often fail to treat both halves of the picture Anxiety and Substance Use Disorders The Vicious Cycle of Comorbidity addresses this gap with dispatches from the frontlines of research and treatment Thirty four international experts offer findings theories and intervention strategies for this common form of dual disorder both across types of substances alcohol tobacco street and prescription drugs and the range of anxiety disorders PTSD social phobia panic disorder OCD to give the reader comprehensive knowledge in a practical format Informed by the reciprocal relationship between the two types of disorders such as the contributions of substance abuse to anxiety related symptoms the book Brings together neurobiological psychosocial and cognitive perspectives on its subject Outlines theoretical models of co occurring anxiety and substance abuse its epidemiology and etiology Offers up to date research findings on the nature origins and treatment of specific combinations of substance use and anxiety disorders Presents detailed reviews of emerging targeted treatment methods including cognitive behavioral personality based and medical interventions with latest data on their efficacy Pinpoints future directions in understanding and treating the dually diagnosed This integrative approach makes Anxiety and Substance Use Disorders The Vicious Cycle of Comorbidity an important resource for all mental health professionals It will also serve as an excellent clinical text The first of its kind in providing a critical review of the emerging literature addressing such co morbid conditions this book is an excellent step in providing researchers and clinicians with guidance in the understanding and treatment of this complicated presentation Overall the current volume will likely be instrumental in further advancing the field of co occurring anxiety and substance use disorders Lindsay S Ham Florida International University Book Review Editor for Anxiety Disorders A Quarterly Report Association for Behavioral and Cognitive Therapies The SAGE Handbook of Social Work Mel Gray, James Midgley, Stephen A Webb, 2012-07-06 The SAGE Handbook of Social Work is the world's first generic major reference work to provide an authoritative guide to the theory method and values of social work in one volume Drawn from an international field of excellence the contributors each offer a critical analysis of their individual area of expertise The result is this invaluable resource collection that not only reflects upon the condition of social work today but also looks to future developments

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