



DESCRIPTION

Seeking Safety is a present-focused, evidence-based approach to treat trauma symptoms and substance use concurrently. It is based on the premise that healing from each disorder requires attention to both disorders. This intervention teaches individuals to manage and decrease symptoms and gain control over both disorders by addressing current life problems. The Seeking Safety curriculum is called Seeking Strength at male institutions.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers, Cognitions, Mental Health, Substance Use, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Seeking Safety** must be delivered by Psychology Services.