

Seeking Safety is an evidenced-based coping skills group designed for individuals who've experienced trauma, may/may not have diagnosis of PTSD, and may/may not have a history of substance use/abuse.

It is a stage one/two trauma-specific therapy (safety/stabilization and skill-building). It is provided in groups consisting of individuals with the same self-identified gender identity.

It is an open group and members can join at any time following an initial assessment by their individual therapist and orientation with the facilitator(s). It is intended to be led by two facilitators and follows the same structure for every session:

- I. Introductions/Check-in (2-5 min per member)
- II. Discussion of commitments from last session (10-15 min)
- III. Read and discuss quote for current session (5-10 min)
- IV. Discussion of current topic (30-45 min)
- V. Check-out/identification of commitments for next session (2-5 min per member)

Orientations with the group facilitator(s) will cover:

- Group purpose and structure
 - Coping skill building for trauma
- Group guidelines/expectations
 - Confidentiality
 - Respect (for self, others, community)
 - Completion of Commitments
 - Skill focused; it is not a trauma process group and discussions about individual's specific trauma history will be discouraged
 - Due to the sensitive nature of this group, there is an expectation of involvement in individual therapy in order to provide ongoing support and monitoring. Group facilitator(s) will be in communication with individual therapists, and if a member is not in good standing in individual therapy, it may impact their ability to attend group.
- "Safety" topic (must be covered by everyone and the best way to ensure this is to cover in orientation)

With the exception of the "Safety" and "Detaching from Emotional Pain (Grounding)" topics, the topics will be chosen by members in the first session of the semester. The topics include:

*Introduction/Case Management, **Safety**, PTSD: Taking Back Your Power, When Substances Control You, Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Healing from Anger, Community Resources, Compassion, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking, Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, **Detaching from Emotional Pain (Grounding)**, Life Choices, and Termination*

Sessions will reoccur weekly and will be 90 minutes in length. Facilitator(s) will be available for 30 min after each session to address any member concerns/questions.