

Seeking Safety

@ Recovery Reimagined

Program Description

Seeking Safety is an evidence-based, present-focused counselling group that helps people attain safety from trauma and substance use. Research has shown that trauma and substance use go hand-in-hand; many people who use substances do so as a coping mechanism to deal with impacts of trauma, and substance use can increase the likelihood of experiencing a traumatic event. Seeking Safety allows us to explore our relationship to substances and integrate new forms of safe coping.

Seeking Safety is a first-stage trauma group, and does not require participants to dive deep into detail or re-story previous traumas. Instead, the program focuses on envisioning and enacting safety within the self and our environment.

Eligibility Criteria:

- Active or past substance use concern
- Be 18 years or older
- Past experience of trauma and active trauma symptoms (triggering thoughts, memories, nightmares, etc).

*Each cohort of Seeking Safety is **gender-specific**. Non-binary folks are welcome to join any cohort that feels most safe to them.*

Topics Covered:

- 1) Exploration of Safe Coping Skills
- 2) Trauma and Substance Use Cycle
- 3) Creating Meaning After Trauma
- 4) Red and Green Flags for Safety
- 5) Protecting Your Time
- 6) Integrating the Split Self
- 7) Understanding Anger
- 8) Getting Others to Support Your Ongoing Recovery

Phone:

416-786-4168

Website:

www.tehn.ca/RecoveryReimagined

Seeking Safety Intake Form:

<https://forms.gle/i9Bw4QtYugU22zq27>

