



IS PLEASED TO PRESENT TO STAFF, INTERNS, & TRAINEES

MAY 14, 2015
9:00 AM – 5:00 PM

RAMS
1375 MISSION STREET
SAN FRANCISCO, CA

SEEKING SAFETY

PRESENTER: JONI UTLEY, PSYD

Course Description

This course will describe *Seeking Safety*, an evidence-based treatment for trauma and/or substance abuse (clients do not have to have both issues). By the end of the training day, participants can implement *Seeking Safety* in their setting if they choose to. *Seeking Safety* teaches present-focused coping skills to help clients attain safety in their lives. It is highly flexible and can be conducted with a wide range of clients, clinicians, and settings. There are 25 treatment topics, each representing a safe coping skill relevant to both trauma and/or substance abuse, such as “Asking for Help”, “Creating Meaning”, “Compassion”, and “Healing from Anger”. Topics can be done in any order and the treatment can be done in few or many sessions as time allows. *Seeking Safety* strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage patients; attends to clinician processes; and provide concrete strategies to build recovery skills.

Objectives:

1. To review current understanding of evidence-based treatment of trauma and substance abuse;
2. To increase empathy and understanding of trauma and substance abuse;
3. To describe *Seeking Safety*, an evidence-based model for trauma and/or substance abuse;
4. To provide assessment and treatment resources.
5. To identify how to apply *Seeking Safety* for specific populations



Joni Utley, PsyD has been providing *Seeking Safety* training and consultation with Treatment Innovations throughout the U.S. since 2012. She has presented in diverse settings, including community mental health centers, addiction programs, jail-diversion program, medical hospitals, and academic settings. She is a clinical psychologist at the San Francisco VA Medical Center in the Drug and Alcohol Treatment Clinic and Substance Abuse Day Hospital. She completed a 2-year postdoctoral fellowship at VA Boston Healthcare System from 2011-2013 under Lisa Najavits' supervision, where she specialized in treating PTSD/SUD and held an academic appointment at Boston University School of Medicine. Dr. Utley earned her doctoral degree in Clinical Psychology from Regent University in Virginia Beach, VA. She is also a military veteran; with five years active duty in the Coast Guard and currently a Lieutenant Commander (O-4) in the Coast Guard Reserve.

Continuing Education (CE) Credit:

RAMS is approved by the California Psychological Association (RIC121) and California Board of Behavioral Sciences (PCE4601) to provide continuing education for Psychologists, MFTs, LCSWs, and LPCCs. RAMS maintains responsibility for this program and its content. Course meets the qualifications for 6.5 hours of continuing education credits. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credit.

SEMINAR IS FREE FOR
RAMS STAFF & INTERNS;
\$20 FOR CE CREDIT

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