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Seeking Safety

taught by Joni Utley, PsyD

March 6th, 2015
8am to 2:30pm

**Please Note: There will only be a 30 minute lunch; it is suggested to bring a lunch as the café will not be open*

Cost: \$150

Manuals available for an additional \$55 each
6 CEUs available for \$40, pay when [registering online](#)

Location:

The California Endowment
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Seeking Safety is a program for counselors to help trauma survivors master the skills needed to reestablish basic physical and emotional safety. It was originally developed to help people who are dealing with trauma and substance abuse, however the techniques and information can help anyone in need of stabilization after experiencing trauma and to improve coping skills.

My client has a trauma history. How can I help?

The Seeking Safety training is for those wishing to implement the Seeking Safety program but the topics covered are valuable for anyone who is interested in learning more about trauma and the first stage of recovery—safety.

Topics Include:

- Taking back your power
- When substances control you
- Setting boundaries in relationships
- Creating meaning
- Integrating the split self
- Coping with the triggers
- Detaching from emotional pain or “grounding”

Getting on the road to recovery—

Focusing on the present and learning skills to increase physical and emotional safety.

If you are part of the LAC-DMH PEI Provider and are taking this training as part of the PEI Plan you are required to:

- Bring a copy of the Seeking Safety Manual; Manuals can be purchased [online](#) or on the day of the training
- Make sure to have read Seeking Safety’s Frequently Asked Questions located on the [Seeking Safety website](#)
- Review the [LAC-DMH PEI Seeking Safety Guidelines](#)

Echo Parenting & Education is proud to be the Los Angeles County and environs Training Partner for Seeking Safety