



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

Date: December 6, 2010

Title: Seeking Safety

Component: Community Rehab & Support (CRS)

Service: Wellness Self Management (WSM)

Population: Any PROSper member with co-occurring disorders and experiences symptoms related to acute, single-event and/or cumulative trauma.

Frequency: 1 time per week

Duration: 50 minutes

Description: An integrative treatment approach to address substance abuse and posttraumatic stress responses working to establish safety, reduce use of substances, and gain symptom management skills.

Mode of Work:

Purpose: The emphasis on developing more effective skills for dealing with substance abuse behaviors in relation to traumatic experiences in order to improve ones life.

Group Framework: A semi-structured group that includes both verbal therapy and worksheets from “Seeking Safety: A Treatment Manual for PTSD and Substance Abuse.” Activities include teaching healthy coping skills to manage traumatic stress responses, manage cravings, self-care, asking for help, compassion and honesty, boundaries in relationships, coping with triggers, self-nurturing, healing from anger, and emphasis on recovery-focused thinking,

Expected Outcome:

Members will have a better understanding of the relationship between traumatic experiences and substance abuse. Members will have a greater understanding of the importance of safety in their lives and how trauma and substance abuse have impacted their mental health and recovery. Members will experience a reduction of substance use and increased relapse prevention strategies achieved through a combination of group support, development of new skills for dealing with high-risk situations, and trauma triggers. Members will experience improvement of day to day living and learn to live a meaningful life.