

Do you feel *stuck* in a painful event, unable to successfully face the emotional pain and go on with normal life?

Seeking Safety can help.

If you or a loved one is struggling with PTSD and addiction, Seeking Safety classes can help you find a sense of peace and comfort again. With Seeking Safety, you can learn healthy coping skills that empower and encourage your personal resilience.

AMADOR HEALTH ANNEX HOURS

Monday-Friday: 8am-4:30pm

Class schedule varies by week; call ahead for information



Contact Us

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Mobile (Call/Text): 575-395-6953

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SEEKING SAFETY



AMADOR
HEALTH CENTER
RECOVERY PROJECT

Tobacco ♦ Alcohol ♦ Opioids

Mobile Tel: (575) 395-6953

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WHAT IS SEEKING SAFETY?

Seeking Safety is an *evidence-based*, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be done in group or individual settings, and it covers 25 topics.

You are welcome to join at any time and stay for as many sessions as you'd like!

WHAT MAKES SEEKING SAFETY DIFFERENT?

Seeking Safety is different from other groups, as it is the only group specifically designed to help with post-traumatic stress disorder and substance use disorder together.

WHY SHOULD I ATTEND A SEEKING SAFETY CLASS?

If you have experienced trauma in your life, and have used drugs or alcohol to cope, Seeking Safety classes could be for you. Safety is one of the fundamentals of healing from trauma and addiction—we seek safety in our minds, in our relationships, and in our behaviors.

These classes create a safe space for sharing and honoring our experiences, without judgement and with respect for each individual's healing journey.

FIVE KEY PRINCIPLES

1. ***Safety as the overarching goal***—helping clients attain safety in their relationships, thinking, behavior, and emotions
2. ***Integrated treatment*** that addresses trauma and addiction at the same time if clients have both
3. ***A focus on ideals*** to inspire hope
4. ***Four content areas***: cognitive, behavioral, interpersonal, and case management
5. ***Attention to clinician processes***—helping clinicians work on self-care, emotional responses, and other issues

*Brochure adapted from University of Texas & Lisa M. Naja <https://www.treatment-innovations.org/>