



**rosecrance**  
HEALTH NETWORK

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ROSECRANCE GRIFFIN WILLIAMSON CAMPUS ROSECRANCE HARRISON CAMPUS THE ROSECRANCE FOUNDATION

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**FOR IMMEDIATE RELEASE**

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## **SEEKING SAFETY FOCUS OF ROSECRANCE TRAINING WORKSHOP FOR PROFESSIONALS**

February, 2009 – Rosecrance, a leading provider of substance abuse treatment, will host *Seeking Safety: A Model for Trauma and Substance Abuse* with Dr. Lisa Najavits, designer of the therapy program that helps people who have post-traumatic stress disorder and substance abuse related trauma, on Friday, March 6, in Rockford, Illinois.

This one day training offers the participants an introduction to the Seeking Safety theory, an in-depth description of the model, clinical demonstrations, a discussion of the implementation ideas and experiential exercises. This workshop is designed for professionals in the field of behavioral or mental health.

Presenter Lisa M. Najavits, PhD is the author of the books *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* and *A Woman's Addiction Workbook*, as well as over 125 professional publications. She is a Professor of Psychiatry, Boston University School of Medicine; Lecturer, Harvard Medical School; clinical psychologist at the National Center for PTSD, Veterans Affairs Boston Healthcare System; and psychologist at McLean Hospital.

Under a grant from the National Institute on Drug Abuse, Najavits developed the Seeking Safety model based on five key principles which will be reviewed. Seeking Safety is designed for flexible use including group and individual format; for women, men, and mixed-gender; in a variety of settings; and for both substance abuse and dependence. It has also been used with people who have a trauma history, but do not meet criteria for PTSD. During this workshop, Dr. Najavits will review the basic tenant of Seeking Safety, provide demonstrations and lead discussion on the therapy model.

# **NEWS RELEASE**

For more information on:

**Seeking Safety: A Model for Substance Abuse and Trauma**

Presenter: Dr. Lisa Najavits

Friday, March 6, 2009

Rosecrance Griffin Williamson Campus,

1601 University Drive, Rockford, IL

Cost: \$55 - \$85, CEUs offered

To RSVP, please contact Barb Graber at [graberb@rosecrance.net](mailto:graberb@rosecrance.net) or 815.387.5607

Go to: <http://www.rosecrance.org/inquiries/conferences.asp>

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**About Rosecrance**

Rosecrance Health Network is a leading provider of inpatient and outpatient substance abuse treatment services for adolescents and adults. Last year, Rosecrance served approximately 5,000 clients through their inpatient, outpatient and detoxification services. Rosecrance is a multi-site treatment program with eight locations in the Rockford area, satellite offices in Northfield, Naperville and Frankfort, and a Beloit, WI site. For more information please call 1-800-ALCOHOL or visit [www.rosecrance.org](http://www.rosecrance.org).