



Seeking Safety

taught by Joni Utley, PsyD

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

Cost: \$150

Manuals available
for an additional \$65 each
6 CEUs available for \$40,
pay when registering online

Location:

The California Endowment
1000 N. Alameda St.
Los Angeles, 90012

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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.

BUNDLE OFFER!

CHANGING THE PARADIGM CONFERENCE + SEEKING SAFETY

For **\$250**, attend Day One of Echo Parenting & Education’s annual Changing the Paradigm Conference on March 5th (*also being held at The California Endowment*) and Seeking Safety on March 6th!

Echo Parenting & Education is proud to be the Southern California Training Partner for Seeking Safety