

# SEEKING SAFETY - Clinician Training

June 9, 2015 • 8:30am - 4pm  
Westside Regional Center—3rd Floor Board Room  
5901 Green Valley Circle, Los Angeles, CA 90230

## About the Event

Westside Regional Center is organizing a series of training events on Evidence-Based Practices approved by the Los Angeles County Department of Mental Health for Prevention and Early Intervention (PEI) services. Staff attending the training with the intention of claiming client services to Los Angeles County MHSA PEI Programs, must ensure that clients meet the PEI target population guidelines.

Seeking Safety (SS) is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. The model was designed for flexible use. It can be conducted in group or individual format; for men and women; adults or adolescents; for any length of treatment; any level of care (e.g., outpatient, inpatient, residential); any type of trauma, any type of substance.

In addition to the 1 day training, participants are asked to attend a 3-hour training on applying SS to clients dually diagnosed with trauma and developmental disabilities (**June 19, 2015 from 9am-noon**).

## Participants Will:

- ◆ Review current understanding of evidence-based treatment of trauma and substance abuse
- ◆ Increase empathy and understanding of trauma and substance abuse.
- ◆ Describe Seeking Safety, an evidence-based model for trauma and/or substance abuse.
- ◆ Provide assessment and treatment resources.
- ◆ Identify how to apply Seeking Safety for specific populations, such as homeless, adolescents, criminal justice, HIV, military/ veteran, individuals with developmental disabilities, etc.

## Presenter

Brenda L. Underhill, MS, is a professional in the substance abuse field for over 35 years, and has worked with Treatment Innovations since 2011. She is an organizational consultant in management, planning, training, supervision and program design for trauma-informed and trauma specific substance abuse treatment services. In the 1990's Ms. Underhill evaluated over 70 innovative federally funded comprehensive treatment programs for women and children sponsored by CSAT.



She served as Recovery Consultant for the Substance Abuse and Mental Health Services Administration's (SAMHSA) initiative, Women with Alcohol, Drug Abuse and Mental Health Disorders who have Histories of Violence Study. She continues as a consultant, evaluator and grant reviewer for SAMHSA.

In addition, she was a consensus panel member and work group leader for Treatment Improvement Protocol (TIP) Series 51, Substance abuse treatment: Addressing the specific needs of women. She is the recipient of the National Association of State Alcohol and Drug Abuse Directors Career Achievement Award and has authored and edited numerous publications on substance abuse treatment for women including, *Chemical Dependency: Women at Risk*.

**Cost: FREE!!!**

To register, go to: <http://seeking-safety.eventbrite.com>

If you have any questions, contact Lindsay du Plessis at [lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org)  
or 310-258-4204.

## Continuing Education Credits Offered!

CE credits are offered to PSY, MFT, LCSW, and BRN. Course meets the qualifications for 6 hours of CE credits for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. CE credits are approved by the American Psychological Association to sponsor continuing education for psychologists.

***This training event is funded by the Mental Health Services Act (MHSA) in partnership with the Department of Developmental Services.***

**SEEKING SAFETY - Clinician Training**  
**June 10, 2015 • 8:30am - 4pm**  
**Westside Regional Center—3rd Floor Board Room**  
**5901 Green Valley Circle, Los Angeles, CA 90230**

**About the Event**

Westside Regional Center is organizing a series of training events on Evidence-Based Practices approved by the Los Angeles County Department of Mental Health for Prevention and Early Intervention (PEI) services. Staff attending the training with the intention of claiming client services to Los Angeles County MHSA PEI Programs, must ensure that clients meet the PEI target population guidelines.

Seeking Safety (SS) is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. The model was designed for flexible use. It can be conducted in group or individual format; for men and women; adults or adolescents; for any length of treatment; any level of care (e.g., outpatient, inpatient, residential); any type of trauma, any type of substance.

In addition to the 1 day training, participants are asked to attend a 3-hour training on applying SS to clients dually diagnosed with trauma and developmental disabilities (**June 19, 2015 from 9am-noon**).

**Participants Will:**

- ◆ Review current understanding of evidence-based treatment of trauma and substance abuse
- ◆ Increase empathy and understanding of trauma and substance abuse.
- ◆ Describe Seeking Safety, an evidence-based model for trauma and/or substance abuse.
- ◆ Provide assessment and treatment resources.
- ◆ Identify how to apply Seeking Safety for specific populations, such as homeless, adolescents, criminal justice, HIV, military/ veteran,

**Presenter**

Brenda L. Underhill, MS, is a professional in the substance abuse field for over 35 years, and has worked with Treatment Innovations since 2011. She is an organizational consultant in management, planning, training, supervision and program design for trauma-informed and trauma specific substance abuse treatment services. In the 1990's Ms. Underhill evaluated over 70 innovative federally funded comprehensive treatment programs for women and children sponsored by CSAT.



She served as Recovery Consultant for the Substance Abuse and Mental Health Services Administration's (SAMHSA) initiative, Women with Alcohol, Drug Abuse and Mental Health Disorders who have Histories of Violence Study. She continues as a consultant, evaluator and grant reviewer for SAMHSA.

In addition, she was a consensus panel member and work group leader for Treatment Improvement Protocol (TIP) Series 51, Substance abuse treatment: Addressing the specific needs of women. She is the recipient of the National Association of State Alcohol and Drug Abuse Directors Career Achievement Award and has authored and edited numerous publications on substance abuse treatment for women including,

**Cost: FREE!!!**

To register, go to: <https://eventbrite.com/event/16867795029/>

If you have any questions, contact Lindsay du Plessis at [lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org) or 310-258-4204.

**Continuing Education Credits Offered!**

CE credits are offered to PSY, MFT, LCSW, and BRN. Course meets the qualifications for 6 hours of CE credits for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. CE credits are approved by the American Psychological Association

***This training event is funded by the Mental Health Services Act (MHSA) in partnership with the Department of Developmental Services.***