

# MEN'S SEEKING SAFETY GROUP

♦ OPEN TO ANYONE WHO IDENTIFIES AS MALE

Meets in Person  
Mondays  
8:30 am - 10:00 am

Group begins  
June 7, 2021

Seeking Safety is a present-focused 12-week skills group for people with a history of trauma, PTSD, and/or addiction. It honors experiences individuals have survived and embodies each person's individual strengths. Learn healthy, safe coping and useful problem solving skills. Facilitated by Brad Ross, LPC and Sadie Harmon, LPC.

## The following topics will be covered

- PTSD: Taking back your power
- Grounding
- When substances control you
- Asking for help
- Taking good care of yourself
- Compassion
- Honesty
- Red and green flags
- Recovery thinking
- Commitment
- Setting boundaries in relationships
- Getting others to support your recovery
- Coping with triggers
- Healthy relationships
- Self-nurturing
- Healing from anger
- Other topics

**Cost:** \$45 per session OR \$490 (10% discount, if paid in full prior to 1<sup>st</sup> session).

\*There are a few reduced rate spots for this group, based on income eligibility.  
\*Current CCS consumers should sign up VIA their Service Facilitator

*Focus is on how to manage moments when triggered, feelings are strong, and/or learning ways to detach from the emotional pain.*

*We do not share stories. Leave your past behind and never give up!*

## JOIN US!

Request/Send Completed Registration Form To:

Bryenne Alesch

[info@elitecognitionllc.com](mailto:info@elitecognitionllc.com), fax or USPS mail

HAVE QUESTIONS?

PLEASE CALL, I AM HAPPY TO ANSWER THEM FOR YOU

608-286-1132 x10

\*Group is limited to 10 participants

\*Each Participant will have a binder of materials to use (materials are covered in fees)

\*Evidence based cognitive, behavioral & interpersonal approaches will be utilized

\*Group members are required to wear a mask and follow sanitation protocols to reduce spread of Covid 19



ELITE COGNITION, LLC  
5900 MONONA DRIVE  
SUITE #200



MONONA WI 53716  
608-286-1132

[www.elitecognitionllc.com](http://www.elitecognitionllc.com)

## **What is Seeking Safety?**

*Seeking Safety* was designed for people with a history of trauma and/or addiction. *This group focuses on coping skills* to help you become safer in your relationships, thinking, and actions.

Trauma means a distressing event such as a child abuse, major accident, combat, domestic violence, natural disaster, etc.

Addiction means destructive use of alcohol, drugs, gambling, food, shopping, etc.

*Seeking Safety is very safe and optimistic.* It focuses on your strengths and helps you increase them. There are 25 topics, although you can do as few or many as you choose to. Examples of the topics are:

|                                 |   |                            |
|---------------------------------|---|----------------------------|
| Safety                          | Creating Meaning                        | Integrating the Split Self |
| Taking Good Care of Yourself    | Compassion                              | Commitment                 |
| Honesty                         | Detaching from Emotional Pain           | Respecting Your Time       |
| Asking for Help                 | Grounding                               | Coping with Triggers       |
| Recovery Thinking               | Community Resources                     | Self-Nurturing             |
| Setting Relationship Boundaries | Discovery                               | Red and Green Flags        |
| Healthy Relationships           | Getting Others to Support Your Recovery | Life Choices               |

*Every session of Seeking Safety is structured* with a check-in, an inspiring quotation, discussion, and check-out. The goal is to use time well to help you get the most from each session.

*Seeking Safety focuses on the present.* This means you will not be asked to reveal upsetting stories of trauma or addiction. We focus on what you can do right now to create a better life for yourself.

*It is relevant to all types of trauma and/or addiction.* For example, you may have survived traumas such as child abuse, combat, natural disasters, accidents, or violence. You may have addiction to substances, gambling, food, or other behavior. If you have both trauma and addiction issues, we address the link between the two—how common it is for the two to go together.

*Seeking Safety has been successfully used for over 20 years* across genders and with people struggling through many different life issues including addiction, abuse, HIV/AIDS, homelessness, serious mental illness, and incarceration, to name a few.

### **Who can join Seeking Safety?**

Anyone. You can get a lot from participating, especially if you are open to new coping skills to improve your life.

### **Does Seeking Safety work?**

Seeking Safety is the most popular and scientifically studied counseling model for trauma and addiction. Research shows that it works for both trauma and addiction issues, is cost-effective, and very safe.

### **Is Seeking Safety culturally sensitive?**

Yes. Seeking Safety has been implemented with diverse cultural and ethnic groups, who have consistently expressed strong satisfaction with it. It has also been translated into over 12 languages. Seeking Safety emphasizes adaptation to each person's needs.

### **Want to learn more?**

See [www.seekingsafety.org](http://www.seekingsafety.org)

*This summary was written by Lisa M. Najavits, PhD, the developer of Seeking Safety (June, 2018)*