

Seeking Safety Ireland



What is Seeking safety Ireland

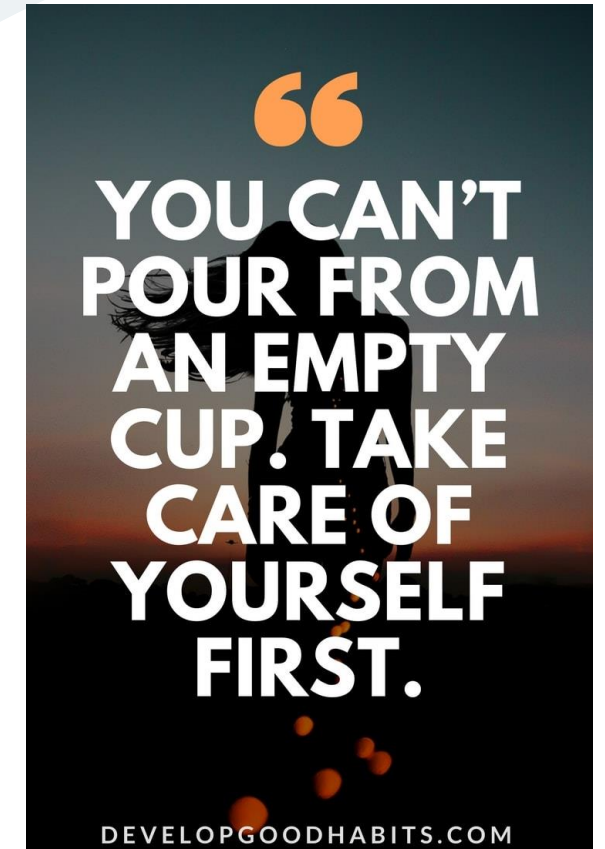


Y-Säätio



Safety
PTSD
Taking Back Your Power,
When Substances Control You
Honesty
Asking for Help
Setting Boundaries in Relationships
Getting Others to Support Your Recovery
Healthy Relationships, Community Resources
Compassion
Healing from Anger
Creating Meaning
Discovery
Integrating the Split Self
Recovery Thinking
Taking Good Care of Yourself
Commitment
Respecting Your Time
Coping with Triggers
Self-Nurturing
Red and Green Flags
Detaching from Emotional Pain (Grounding).
Life Choices, and Termination.

- Check in
- Quote
- Discussion / - Activity
- Checkout



The key principles of Seeking Safety

- 1) **Safety** is the overall goal (helping clients attain safety in their relationships, thinking, behaviour, and emotions).
- 2) **Integrated** treatment (working on both trauma and addiction at the same time if the person has both)
- 3) **A focus on ideals** to counter the loss of ideals in both trauma and addiction
- 4) **Four content areas:** cognitive, behavioural, interpersonal, case management







SEEKING SAFETY IRELAND Q4 2022 – Q2 2023 A PPI EVALUATION



317

WOMEN ENGAGED
IN SSI SESSIONS



1026

TOTAL ATTENDANCES



254

GROUP SESSIONS

83.7%

RETENTION RATE



145

INDIVIDUAL
SESSIONS



7

PEER
RESEARCHERS



14

INTERVIEWS

