



Seeking Safety: A Treatment Manual for PTSD and Substance Abuse 1st (first) edition

Lisa M. Najavits

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his much-needed manual presents the first empirically studied, integrative treatment approach developed specifically for PTSD and substance abuse. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. The volume is designed for ease of use with a large format, lay-flat binding, and helpful reproducible handouts and forms. 4/01

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