

## Seeking Safety Treatment Agreement

- ◆ The goal of this treatment is *safety* above all!
- ◆ I will try my very hardest to recover, including reading session materials, completing *commitments* between sessions, and reaching out for all help available to me.
- ◆ I am always welcome back, even if I relapse.
- ◆ The more I put into treatment, the more I'll get out of it.
- ◆ I understand that I may feel worse before I feel better, but that I should stick with treatment no matter what.
- ◆ Everything said in treatment will be kept strictly confidential. I am aware, however, that there are certain legal conditions where the therapist is obligated to release records: (1) if I am in serious danger of harming myself or others; (2) if child or elder abuse becomes known; or (3) if a court subpoenas the therapist's records.
- ◆ I will strive to be totally honest with the therapist about my substance use, my safety (including self-harm, suicidal impulses, and danger to others), and any negative reactions I have to the treatment or the therapist.
- ◆ I will be on time for sessions, and will leave a message if I need to cancel.
- ◆ If I arrive to a session intoxicated or high, the session will not be held. I will be escorted to a safe place (e.g., emergency room) until I can return home, or will be sent home with a friend or in a taxi.
- ◆ In an emergency, I will follow the written emergency instructions I have been given.
- ◆ Buying, selling, or using substances with another patient, or alone anywhere in or near this treatment office is a serious danger, and may lead to termination from this treatment.
- ◆ Urinalysis and/or breathalyzer testing  will  will not be conducted as part of this treatment. If conducted, it will be conducted as follows:

### FOR GROUP TREATMENT ONLY

- ◆ I will not discuss details of trauma or substance use, to avoid upsetting other patients.
- ◆ I will strive to create an atmosphere of mutual respect (e.g., no interrupting others, no physical contact between group members).
- ◆ Contact with group members outside of sessions is discouraged unless it is reviewed with the therapist in advance, to protect patients' boundaries.
- ◆ To help everyone feel safe, it is essential that nothing a patient says in session is ever repeated to anyone outside of the group.

*The therapist, in return, agrees to conduct the highest-quality treatment possible, with respect and care, to help promote your recovery.*

---

 Patient signature

---

 Therapist signature

---

 Date

From *Seeking Safety* by Lisa M. Najavits (2002). Copyright by The Guilford Press. Permission to photocopy this form is granted to purchasers of this book for personal use only (see copyright page for details).