

NEWS RELEASE

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One Quarter of Americans will Experience Trauma

Internationally-recognized trauma authority Dr. Lisa Najavits, speaking at a training in Hillsboro last week, said that more than half the people in the United States will experience trauma in their lifetime. She noted, however, that only about one-quarter of those who experience trauma will go on to suffer the psychiatric diagnosis known as post-traumatic stress disorder.

Najavits explained that her work helps people transition from "victim to survivor, to replace silence with finding one's own voice, to reduce powerlessness and regain a sense of control."

More than 50 mental health and addictions professionals, from a variety of government and non-profit agencies, attended the all-day training which was sponsored by Washington County Mental Health Division, and organized by Cascadia Behavioral Healthcare. The training, held at the Washington County Community Justice Building, was universally praised by participants.

"This gives counseling professionals a chance to learn the latest best practices from a highly respected researcher and clinician," said Cascadia vice president Ginny Robinson, who helped organize the event.

Najavits, who is affiliated with Harvard Medical School, is the developer of Seeking safety, a program for those with post traumatic stress disorder, and substance abuse problems.

Seeking Safety is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. The treatment is available as a book, providing both client handouts and guidance for clinicians.

The treatment was designed for flexible use. It has been conducted in group and individual format; for women, men, and mixed-gender; using all topics or fewer topics; in a variety of settings (outpatient, inpatient, residential); and for both substance abuse and dependence. It has also been used with people who have a trauma history, but do not meet criteria for PTSD.

ABOUT CASCADIA BEHAVIORAL HEALTHCARE

Cascadia is the area's largest provider of behavioral healthcare services, operating more than 70 facilities in four counties. Services include: case management; crisis services; addictions treatment supported housing; medication management, child and family services, supported employment, and secure residential treatment.