

HARM REDUCTION TREATMENT (HART) FOR SUBSTANCE USE

What is harm reduction?

A broad set of compassionate and pragmatic approaches that aim to reduce substance-related harm and improve quality of life.

What is harm reduction treatment (HaRT)?

An evidence-based practice in which 3 components are delivered compassionately and pragmatically:

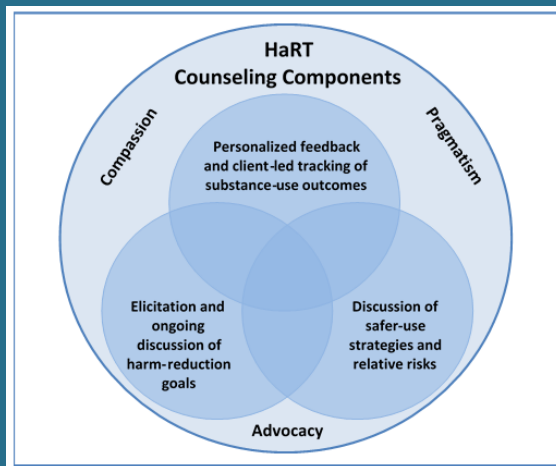
- Client-led tracking of preferred metrics,
- Harm-reduction goal-setting, and
- Safer-use strategies.

What is HaRT Training?

A web-based, 3-part training series with a bimonthly consultation session. In the training series, we will discuss, demonstrate and role play the practice of HaRT in clinical and community-based applications.

How do I sign up?

You can find sessions to fit your schedule and register here: [\[Registration website here\]](#)



Session 1: Harm reduction theory and evidence base (1.5 hrs)

Session 2: Translating the HaRT mindset and heartset into clinical/counseling practice (3.5 hrs)

Session 3: Role playing harm reduction assessment/tracking, goal-setting and safer-use strategies (3.5 hrs)



Susan E Collins, PhD
Licensed clinical psychologist

Dr. Collins is a co-founder of the Harm Reduction Treatment Training & Technical Solutions (HaRT3S), a Professor at Washington State University and an Affiliate Professor at the University of Washington School of Medicine where she codirects the Harm Reduction Research and Treatment Center with Seema Clifasefi, PhD. Dr. Collins uses her lived experience, evidence-based practice and 25 years of community-based substance-use treatment research to help counselors embrace more client-driven ways to provide substance use treatment and counseling.



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