

## Knowledge of the role of safety-seeking behaviours

Knowledge of the role of safety-seeking behaviours:	
	the ways in which safety-seeking behaviours give the client a sense of coping in the short term
	the ways in which safety-seeking behaviours reduce the opportunity for learning different and potentially more adaptive ways of coping with problems (e.g. because they prevent clients from learning that their worst fears won't happen)
	the importance of aiming to help the client desist from safety-seeking behaviours by the end of treatment
	the potential role of "residual" safety-seeking behaviours in relapse
An ability to draw on knowledge of safety-seeking behaviours in order to identify both overt and covert safety behaviours, and hence their impact in the development and maintenance of the client's problems	