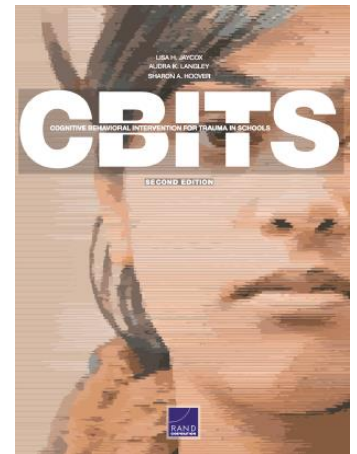


## Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Virtual Training October 26-28, 2020

### What is CBITS?

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is a ten-week school-based group intervention. It is used to treat symptoms of Post-traumatic Stress Disorder and accompanying behavioral and emotional challenges. It is designed to help students improve school performance, such as grades, attendance and relationships.

CBITS is an evidence-based intervention that uses cognitive-behavioral techniques, such as psychoeducation, relaxation, cognitive restructuring, exposure, and social problem solving.



### Who is eligible for CBITS?

CBITS is an intervention that has been designed for use with students from sixth to twelfth grade who have experienced or witnessed stressful life events such as community violence, physical accidents, physical abuse, domestic violence, and natural or manmade disasters. Clinicians use a screening tool to measure traumatic exposure and the level of resulting symptomatology to assess eligibility for the group treatment.

### What do CBITS groups include?

- 1 Screening/Orientation meeting for each group member
- 10 Group Sessions, delivering the CBT content
- 1-3 Individual meetings with each group member
- Caregiver/Teacher Education Resources



### CBITS Training

The Center for Safe Supportive Schools (CS3) is offering a free, virtual training for school and district teams as a pre-conference to the [Annual Conference on Advancing School Mental Health](#)

For more information about this CBITS training, contact:  
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For general information about CBITS  
See <https://traumaawareschools.org>