



# CBITS



## ***COGNITIVE BEHAVIORAL INTERVENTION FOR TRAUMA IN SCHOOLS:***

***A Confidential and Free Group for Kids and Teens Who Have Experienced Stressful or Traumatic Events***

A school-based group and individual intervention designed to reduce symptoms of posttraumatic stress disorder, depression, and behavioral problems among students exposed to traumatic life events such as:

- Community and School Violence
- Accidents and Injuries
- Domestic Violence
- Natural and Man-Made Disasters

10 weeks of group sessions and 1-2 individual sessions working on:

- Relaxation and mindfulness skills
- Learning to express feelings
- Cognitive coping
- Processing stressful events
- Group support
- Learning new, more helpful ways to handle social problems

An evidence based treatment, proven to lower symptoms such as:

- Difficulty concentrating;
- Oppositional behavior
- Fighting
- Irritability and anger outbursts
- Trouble sleeping
- Flashbacks
- Somatic Complaints (e.g., headaches, stomachaches)
- Nightmares
- Depressive symptoms



partnering  
investing  
empowering