

# Cognitive Behavioral Therapy for Trauma in Schools (CBITS) & Bounce Back (BB)

## CBITS

[The Cognitive Behavioral Intervention for Trauma in Schools \(CBITS\)](#) program is a school-based group therapy intervention designed specifically for children that have experienced a traumatic event and are reporting symptoms of post-traumatic stress. CBITS is validated for use with students in grades 4-12, and is a 10-week program that includes psychoeducation, coping skills development, and exposure therapy. It has been shown to reduce symptoms of posttraumatic stress and improve the social support system of participants.



## Helping Children Through Schools

[This resource](#), developed by the Child Health & Development Institute of Connecticut (CHDI), describes schools as a crucial setting for mental health care in children. The webpage provides CT-specific statistics regarding the need for mental health services and students served. It also provides contacts and links for those who are interested in training for CBITS/BB.

## Bounce Back (BB)

[Bounce Back \(BB\)](#) is an adaptation of CBITS that was designed for younger children in grades K-5. This curriculum is similar to CBITS in that it is also a 10-week, manualized, school-based, trauma-focused group therapy intervention that provides psychoeducation, teaches coping skills, and utilizes exposure therapy to assist young children with reducing symptoms of posttraumatic stress. That being said, the Bounce Back curriculum includes bibliotherapeutic intervention as well as play to assist younger children with internalizing the lessons in a developmentally appropriate manner.

