Group Leader: _____

CBITS **Child and Caregiver Individual** Session Form

Client Initials: _____

Client ID: _____

CBITS Session Objectives *How well did you and the individual meet each objective?* **1**= Not Met/Not Attempted, **2**= Somewhat Met, **3**= Mostly Met, **4**= Completely Met	**CBITS Session Activities** *Did you and the individual complete the activity?* **Y**= Yes, **N**= No	**Session #:**	**1**	**2**	**3**
		Date:	/	/	/
Child					
Gather information about the trauma for use in treatment planning			1 2 3 4	1 2 3 4	1 2 3 4
Reduce anxiety when remembering trauma			1 2 3 4	1 2 3 4	1 2 3 4
Plan with participant how they will work on trauma group sessions			1 2 3 4	1 2 3 4	1 2 3 4
Build rapport and trust			1 2 3 4	1 2 3 4	1 2 3 4
	Explain rationale for stress and trauma exposure		Y N	Y N	Y N
	Begin imaginal exposure to stressful or traumatic event		Y N	Y N	Y N
	Use the "Counseling" worksheet to make a list of key parts of the story		Y N	Y N	Y N
	Ask the students to rate parts using their fear thermometer		Y N	Y N	Y N
	Select parts to be shared in group work		Y N	Y N	Y N
	Plan for group work		Y N	Y N	Y N

		Session #:	**1**	**2**
		Date:	/	/
Caregiver				
Reduce stigma around trauma exposure and reactions			1 2 3 4	
Lay ground work for improving parent-child communication			1 2 3 4	
	Introduction of yourself and your background and role as group facilitator/overview of what will occur during the teacher session		Y N	
	Educate about common reactions to stress and trauma – provide handout		Y N	
	Explain the theoretical basis for CBITS (CBT triangle)		Y N	
	Introduce Fear Thermometer concept/ teaching child to measure fear		Y N	
	Relaxation training/ progressive muscle relaxation/ how to help your child relax		Y N	
Educate parents about techniques used in the program				1 2 3 4
Enable parents to support children during the program				1 2 3 4
	Briefly review the topics from session 1			Y N
	Explain how parents can teach children to look at (and challenge) their thoughts/use handout			Y N
	Explain how parents can help children face their fears			Y N
	Prep parents for trauma work children will be doing/ how they can help their child digest fears			Y N
	Teach how parents can help their children solve everyday problems			Y N

Notes: