



Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

Program Description:

The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is a skill-based, group intervention that is aimed at relieving symptoms of Post-Traumatic Stress Disorder (PTSD), depression, and general anxiety among children exposed to trauma. Children are provided with normalizing education about common reactions to stress and trauma and learn skills such as relaxation, how to challenge and replace upsetting thoughts, and social problem solving. Children also work on processing traumatic memories and grief in both individual and group settings. The program consists of ten, 1-hour group sessions (6-8 children) usually conducted once a week in a school or mental health clinic setting.

Training Requirements:

Basic CBITS Training Package: This package is the essential CBITS training recommended for mental health clinicians, already somewhat familiar with child trauma, group therapy and cognitive behavioral therapy. This 2-day clinical training includes:

- An overview of child trauma and PTSD and the mental health and academic consequences.
- A review of the history and evidence base of CBITS.
- Thorough session by session demonstrations and supervised practice of each core concept for child group and individual sessions, including how to make the material culturally and contextually relevant to the audience.
- Review of parent and teacher sessions.
- Engagement activities around implementation issues and site planning.



Basic CBITS Training Package:

The 2-day clinical training includes: 1) An overview of child trauma and PTSD and the mental health and academic consequences, 2) A review of the history and evidence base of CBITS, 3) Thorough session by session demonstrations and supervised practice of each core concept for child group and individual sessions, including how to make the material culturally and contextually relevant to the audience, 4) Review of parent and teacher sessions, and 5) Engagement activities around implementation issues and site planning. This package is the essential CBITS training recommended for mental health clinicians with some familiarity with child trauma, group therapy and cognitive behavioral therapy.

Component	Includes	Total Cost
2- day onsite trainer	1 trainer per 15 trainees	\$6,000 per trainer
Travel expenses	Flight, hotel, meals	Varies depending on location
Materials	CBITS manual for each trainee	Download for free OR purchase a bound manual for \$29 at https://www.rand.org/pubs/commercial_books/CB209.html#download



Racial Trauma Module plus CBITS:

Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Racial Trauma Module contains the exact components of the standard CBITS training, with addition of a module focused on addressing racial trauma. The 3-day clinical training includes:

1. An overview of child trauma, PTSD, racial stress and trauma and the intersectional mental health and academic consequences,
2. A review of the history and evidence base of CBITS,
3. Thorough session by session demonstrations and supervised practice of each core concept of CBITS plus added sessions related to racial trauma for child group and individual sessions, including specific culturally responsive preparation of group facilitators,
4. Review of parent and teacher sessions, and
5. Engagement activities around implementation issues and site planning

This package is the essential CBITS training recommended for mental health clinicians with some familiarity with child trauma, group therapy and cognitive behavioral therapy plus an added module specific to race, trauma, and its intersection.

Component	Includes	Total Cost
3-day Onsite Trainer	1 trainer per 15 trainees	\$9,000 per trainer
Travel Expenses	Flight, hotel, meals	Will vary depending on location
Materials	CBITS manual for each trainee/ RTM module content emailed electronically	RTM module can be emailed following training registration

*** This training can be conducted in-person over 3 days or can be delivered virtually over several days in shorter modules*



Racial Trauma Module ONLY (already trained in CBITS and adding RTM):

The one-day training is recommended for mental health clinicians who have already been trained in CBITS and who are interested in adding to their understanding of racial stress and trauma. It will include additional session material specific to racial stress and trauma and instructions on how it is best integrated into CBITS group sessions. This training will include session demonstrations and supervised practice of RTM core concepts for child group and individual sessions.

Component	Includes	Total Cost
One day Onsite training	1 trainer per 15 trainees	\$3,000 per trainer
Travel Expenses	Flight, hotel, meals	Will vary depending on location
Materials	RTM manual for each trainee	RTM module can be emailed following training registration.

*** This 3-hour training can be conducted in-person or can be delivered virtually.*



Train- the Trainer Process & Expenses:

All of the following steps must be complete to become a CBITS Site-based trainer:

1. Complete live (in-person/virtual) training
2. Conduct a full intervention group with close supervision by an approved supervisor.
3. Participate in the trainer preparation orientation. This can be done in one-full day or broken into several modules. **Cost is \$3,000**
4. Conduct live CBITS trainings (at the expense of the participant) alongside a CBITS faculty in order to be rated as successful on all sessions using the trainer rating checklist. Trainers-in-training must receive a score of 80% or higher on all sections of the trainer rating checklist. The number of trainings necessary to complete this process can vary. Each co-training opportunity is conducted at the standard training cost (\$6,000 for CBITS). This part of the TOT process will **cost a minimum of \$4,500 - \$9,000.**

Supplemental Training/ Consultation & Expenses:

Web Support:

All training options include free access to our websites. www.cbitsprogram.org . The websites include:

- Full training course with videos, slides, and role plays to extend and augment live training.
- Video 'Quick Tips' from experts
- Support materials (sample consents, articles, measures, etc.)
- On-line community
 - Ask and expert
 - Discussion board
 - Collaborative workspace

Quality Assurance and Coaching-

To ensure fidelity to the CBITS Bounce Back models and improve treatment success, trainees will tape record group sessions or lessons which are then reviewed and rated by our faculty. **Estimated Cost: \$300/hour**

Ongoing Supervision

Implementers and/or supervisors may participate in regular conference calls on a prescheduled (i.e., twice per month) or an as-needed basis with our faculty, for ongoing clinical and implementation consultation as they implement the program. Specifically, clinicians, educators or supervisors can discuss session by session protocol as well as an opportunity to troubleshoot barriers and facilitating factors in delivering these interventions in schools under the guidance of our faculty. **Estimate Cost: \$300/hour**