

Free Virtual Clinical Training

Cognitive Behavioral Intervention for Trauma in Schools

Learn cognitive-behavioral techniques to reduce symptoms related to trauma exposure and racial stressors, enhance resilience to stress and build peer and caregiver support for youth

The **Cognitive Behavioral Intervention for Trauma in Schools (CBITS)** is a skill-based, group intervention that is aimed at reducing symptoms of post-traumatic stress disorder (PTSD), depression, and general anxiety among children and youth exposed to trauma.

Who should attend

Tri-City Mental Health is offering this virtual training for **FREE** for TCMH staff and school-based mental health professionals. It is designed for social workers, psychologists, psychiatrists, or counselors with clinical mental health intervention experience and familiarity with child trauma, group therapy and CBT.

3-Day Clinical Training
August 23-25, 2023
9:00 am - 3:30 pm



Training Components

- An overview of child trauma, PTSD, racial stress and trauma and the intersectional mental health and academic consequences
- A review of the history and evidence for CBITS
- Demonstrations and supervised practice of the core components of CBITS, plus an added racial trauma module for group and individual sessions, including culturally responsive preparation of group facilitators
- Review of parent and teacher sessions
- Engagement activities around implementation issues and site planning

For more information, contact:

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