

Evidence-Based Trauma Interventions for Schools

CBITS: Cognitive Behavioral Intervention for Trauma in Schools

CBITS is a skills-based, child group intervention that is aimed at relieving symptoms of Post-traumatic Stress Disorder, depression, and general anxiety among children exposed to multiple forms of trauma.

Scan the QR Code to learn more!



Bounce Back: Elementary School Intervention for Childhood Trauma

Bounce Back is a cognitive-behavioral, skills-based, group intervention to teach elementary school children exposed to stressful and traumatic events skills to cope with and help recover from their traumatic experiences.

Scan the QR Code to learn more!



TF-CBT: Trauma-Focused Cognitive Behavioral Therapy

Trauma-focused cognitive behavioral therapy is a therapeutic intervention utilized with children and adolescents that have experienced trauma. This intervention is intended for children and adolescents whose primary presenting problems are related to their traumatic life experiences.

Scan the QR Code to learn more!



CARE: Child-Adult Relationship Enhancement

Child-Adult Relationship Enhancement (CARE) is a trauma-informed, field-initiated training for general usage by non-clinical adults who interact with children with a history of trauma.

Scan the QR Code to learn more!



ITCT: Integrative Treatment of Complex Trauma

ITCT was specifically developed to be responsive and sensitive to cultural differences as well as the effects of poverty and social marginalization. ITCT is available for children (ITCT-C) and for adolescents (ITCT-A).

Scan the QR Code to learn more!



TGCT-A: Trauma and Grief Component Therapy for Adolescents

TGCT-A is a manualized group or individual treatment program for trauma-exposed or traumatically bereaved older children and adolescents that may be implemented in school, community mental health, clinic, or other service settings.

Scan the QR Code to learn more!



PFA: Psychological First Aid

PFA is an evidenced-informed intervention designed to be put into place immediately following disasters, terrorism, and other emergencies, and has received wide usage worldwide. There is a specifically designed version for schools.

Scan the QR Code to learn more!



TFC: Trauma-Focused Coping In Schools

TFC is a skills-oriented, cognitive-behavioral treatment approach for children exposed to single incident trauma and targets PTSD and collateral symptoms of depression, anxiety, anger, and external locus of control.

Scan the QR Code to learn more!



SPR: Skills for Psychological Recovery

SPR is intended to help survivors of disasters, terrorism, adversity, and displacement identify their most pressing current needs and concerns and teach and support them as they develop skills to address those needs.

Scan the QR Code to learn more!



SPARCS: Structured Psychotherapy for Adolescents Responding to Chronic Stress

SPARCS is a manually-guided and empirically-supported group treatment designed to improve the emotional, social, academic, and behavioral functioning of adolescents exposed to chronic interpersonal trauma and/or separate types of trauma.

Scan the QR Code to learn more!



SSET: Support for Students Exposed to Trauma: School Support for Childhood Trauma

SSET is an evidence-based intervention focused on managing the distress that results from exposure to trauma. SSET is designed for children in late elementary school through early high school (ages 10-16) who have experienced traumatic events.

Scan the QR Code to learn more!



TARGET: Trauma Affect Regulation: Guide for Education and Therapy

TARGET is a strengths-based approach to education and therapy for survivors of physical, sexual, psychological, and emotional trauma.

Scan the QR Code to learn more!

