



*Penn State's Child Study Center and Psychological Clinic  
and the State College Area School District present the*



*Seventh Annual Central Pennsylvania Workshop on Evidence-Based Mental Health Services*

## "Cognitive Behavioral Intervention for Trauma in Schools (CBITS)"

Wednesday, May 12, 2021  8:45 a.m.–4:00 p.m. EDT via Zoom

8:45–9:00 a.m.	Registration/Login
9:00–9:15 a.m.	Opening Remarks—Karen Bierman
9:15–10:15 a.m.	CBITS Background
10:15–10:30 a.m.	CBITS Screening Process
10:30–10:45 a.m.	Morning Break
10:45–11:00 a.m.	Rationale and Confidentiality (Session 1)
11:00–11:15 a.m.	Psychoeducation and Relaxation (Session 2)
11:15 a.m.–noon	Cognitive Restructuring and "Hot Seat" (Sessions 3 and 4)
Noon–1:00 p.m.	Working Lunch
1:00–2:00 p.m.	Exposure: Individual Sessions— VIDEO and PRACTICE
2:00–2:45 p.m.	Fear Hierarchy and Exposure to Trauma Reminders (Session 5)
2:45–3:00 p.m.	Afternoon Break
3:00–3:15 p.m.	Exposures: Group (Sessions 6 and 7)
3:15–3:45 p.m.	Social Problem Solving (Sessions 8 and 9)
3:45–4:00 p.m.	Parent and Teacher Sessions (Session 10) Wrap up