



*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

ABOUT THE SESSION

This workshop will describe the Cognitive Behavioral Intervention for Trauma in Schools (CBITS), an evidence-based intervention for middle and high school students exposed to stressful and traumatic events. This ten-session, small group intervention teaches students ways of coping with and recovering from traumatic experiences. It includes ten skill-building small group sessions and one to two individual sessions, all held at school. The workshop will describe screening and eligibility criteria, review intervention phases and strategies, and present research documentation of program effectiveness.

LEARNING OBJECTIVES

- Demonstrate knowledge about the prevalence of childhood trauma, the symptoms of trauma, and the impact on psychosocial and academic functioning.
- Describe the major components of the CBITS program.
- Learn strategies for conducting CBITS in ethnically diverse communities, including community participatory approaches for making culturally appropriate adaptations.

Erum Nadeem, Ph.D.

INSTRUCTOR CREDENTIALS

Erum Nadeem is an associate professor in the Graduate School of Applied and Professional Psychology at Rutgers University. She is a certified national trainer and expert in the Cognitive Behavioral Intervention for Trauma in Schools (CBITS). She conducts community-partnered research focused on the implementation of evidence-based practices in schools and community settings, and disparities in children's educational and mental health outcomes.

This workshop satisfies Pennsylvania Department of Education (PDE)'s requirements for 6 Act 48 hours. Psychologists can receive a maximum of 6 APA continuing education (CE) credits.

Full attendance at the workshop is required to receive CE and Act 48 credits. Late arrivals or early departures will preclude awarding of CE credits. The Penn State Psychological Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. There is no known commercial support for this program.



REGISTRATION IS REQUIRED:
csc.la.psu.edu/training-institute/workshops

\$75 for non-Penn State attendees

Contact Shannon Ranio at
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