



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Office of the Chief of Schools



## Summary of CBITS

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support and coping skills.

CBITS has been used with students who have witnessed or experienced traumatic life events such as community and school violence, accidents and injuries, physical abuse and domestic violence and natural and man-made disasters.

CBITS uses cognitive-behavioral techniques (e.g., psycho-education, relaxation, social problem solving, cognitive restructuring, and exposure) and is a recognized evidence-based treatment designed specifically for implementation in the school setting.

This group intervention has three main goals:

1. Reducing symptoms related to trauma
2. Building resilience
3. Increasing peer and parent support.

## FAQs

Q: What grade student is most appropriate for CBITS?

A: CBITS is indicated for children in grades 5<sup>th</sup>-12<sup>th</sup>.

Q: Who provides this intervention in the school?

A: DCPS school social workers trained in CBITS conduct all sessions.

Q: How long is this intervention?

A: The intervention is conducted in 10, one hour sessions.

Q: How are CBITS sessions conducted?

A: Sessions are conducted in a group format, with the addition of 1 individual student session. Separate teacher and parent group sessions are included to provide psycho-education around trauma issues to the surrounding community.