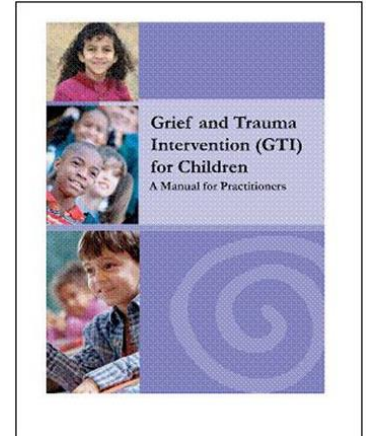




DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Office of the Chief of Schools

Summary of GTI for Children



Grief and Trauma Intervention (GTI) for Children is designed for children experiencing posttraumatic stress due to witnessing or being a direct victim of violence, death of a loved one and who have experienced a natural disaster. The purpose of GTI is to improve symptoms of posttraumatic stress, depression, and traumatic grief.

Using developmentally appropriate methods such as art, drama, and play, leaders guide participants through the following topics:

- Understanding safety and resilience
- Learning anger management skills
- Identifying supportive adults
- Participating in enjoyable activities and relaxation
- Coping with anniversaries, holidays, and other challenges
- Addressing spirituality and beliefs
- Dealing with emotions such as guilt and blame, and dreams that may be troubling
- Developing and sharing a trauma narrative and completing own book, *My Story*
- Identifying positive aspects of current life and create visions for the future

FAQs

Q: What age child is most appropriate for GTI for Children?

A: GTI for Children is indicated for children ages 7 to 12 years old.

Q: Who provides this intervention in the school?

A: School-based mental health clinicians trained in GTI for Children conduct all sessions.

Q: How long is this intervention?

A: The intervention is conducted in 10 sessions of 1 hour.

Q: How are GTI sessions conducted?

A: Sessions are conducted in a group or individual format. If delivered in group format, one individual session is provided. For either format, one parent session is included.