

**Center for Trauma Care in Schools (CTCS)
Clinical Intern Training Program
School Year 2019**

Best Practices and Evidenced-Based Training	Description	Training Date	Time
Welcome Session: Overview of the program; Orientation to Boston Public Schools (BPS); Understanding Trauma (Part 1)	Welcome to the CTCS Intern Training Program. The program begins with an overview of the internship in school-based mental health, an orientation to working in the Boston Public Schools, and Understanding Trauma, Part 1 (Part 2 will continue on October 1.).	September 17, 2018	8 a.m.-Noon 4-hour session
Motivational Interviewing	Interns practice this technique for engaging with students and families, to include goal setting and the treatment planning process. It can be used as a tool to structure therapy sessions.	September 24, 2018	8 a.m.-Noon 4-hour session
Understanding Trauma (Part 2); Trauma Systems Therapy (TST); Secondary Traumatic Stress (STS) and Mindfulness	TST is a phase-based framework model bringing the social-ecological model and challenges to self-regulation into trauma treatment. Overview of STS and its impact on those working with traumatized children. Psycho-education and skills training in Mindfulness are presented as effective interventions to prevent STS.	October 1, 2018	8 a.m.-Noon 4-hour session
Non-Violent Verbal De-escalation Techniques	An introduction to crisis prevention that emphasizes early intervention and non-physical methods for preventing and managing disruptive behavior.	October 15, 2018	8 a.m.-Noon 4-hour session
Cognitive Behavioral Treatment (CBT)	CBT training teaches skills and techniques to change maladaptive thoughts and behaviors that lead to negative emotions.	October 22, 2018	8 a.m.-10 a.m. 2-hour session
Problem-Based Learning (PBL)	PBL is an analytical process for understanding clinical concepts. Interns analyze a clinical case by asking clarifying questions, formulating hypotheses, and identifying next steps to test hypotheses to develop clinical reasoning skills and deepen understanding of the case.	October 29, 2018	8 a.m.- 10 a.m. 2-hour session
Learning Community	One hour/week sessions, conducted through Zoom videoconferencing, will combine training, case presentations, and consultation with a focus on trauma, but may include students with other presenting problems.	Starting November 5, 2018; ending May 2019	1-hour session each week by Zoom
Cognitive-Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back	CBITS is a manualized, school-based group treatment model (10 sessions) developed for use in urban schools. Using CBT and gradual exposure, it has been shown to reduce trauma symptoms in students ages 10-15 but may also be used with older students. The adaptation for younger students is Bounce Back (also 10 sessions).	January 2019	6-hour session each of 2 consecutive days for CBITS; 3 days for Bounce Back
Core Curriculum on Childhood Trauma (CCCT)	CCCT was developed by experts in the trauma field, through the National Child Traumatic Stress Network. Interns will learn to conceptualize traumatic stress as a foundation for effective treatment, regardless of treatment model.	January 2019	6-hour session