

CBITS Materials Organizer

Materials such as pencils, pens, markers, highlighters, newsprint, tape, snacks, water, hall passes, etc. are needed throughout. Materials in italics listed below are specifically developed by Alliance for Inclusion and Prevention and are included in the Session-by-Session Workbook and are not included in the CBITS Manual.

Session 1 (Introductions)

| TO BRING | TO MAKE | TO COPY |
|---|---|---|
| <ul style="list-style-type: none"> • Session 1 Manual • M&Ms (multi-colored) • <i>'Individual Meeting Form'</i> or Other Pre-group Orientation Meeting Information | <ul style="list-style-type: none"> • Ice Breaker Index Cards • Schedule of Meetings | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>Confidentiality Agreement</i> • <i>Thinking-Feeling-Doing Triangle</i> • <i>'Goals' Home Practice</i> |

Session 2 (Education and Relaxation)

| TO BRING | TO MAKE | TO COPY |
|---|--|---|
| <ul style="list-style-type: none"> • Session 2 Manual • Stuffed Animals or Toys for Belly Breathing • <i>Thinking-Feeling-Doing Triangle</i> | <ul style="list-style-type: none"> • Index Cards/Slips of Paper of Common Reactions • Bag to Draw From | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>Feeling Thermometers</i> • <i>Relaxation Scripts</i> • <i>'Education and Relaxation' Home Practice</i> • <i>'Common Reactions to Stress or Trauma' Handout for Parents</i> |

Session 3 (Introduction to Cognitive Therapy)

| TO BRING | TO MAKE | TO COPY |
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| <ul style="list-style-type: none"> • Session 3 Manual • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • Stuffed Animals or Toys for Belly Breathing | <ul style="list-style-type: none"> • Decorations for Hot Seat or <i>Hot Seat Flames</i> | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>'Hot Seat Activity' Sheet</i> • <i>'Hot Seat Exercise' Home Practice</i> • <i>'Hot Seat Exercise (Example)' Sheet</i> • <i>'Relaxation Home Practice'</i> |

Session 4 (Combating Unhelpful Negative Thoughts)

| TO BRING | TO MAKE | TO COPY |
|--|--|--|
| <ul style="list-style-type: none"> • Session 4 Manual • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • Stuffed Animals or Toys for Belly Breathing | <ul style="list-style-type: none"> • Decorations for Hot Seat or <i>Hot Seat Flames</i> | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>'Hot Seat Activity' Sheet</i> • <i>'Hot Seat Exercise' Home Practice</i> • <i>'Relaxation Home Practice'</i> |

Session 5 (Introduction to Real-Life Exposure)

| TO BRING | TO MAKE | TO COPY |
|---|---------|---|
| <ul style="list-style-type: none"> • Session 5 Manual • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • <i>'Hot Seat Questions'</i> Sheet • Stuffed Animals or Toys for Belly Breathing | | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>'Facing Your Fears'</i> Sheet • <i>'Steps Toward Facing Your Fears'</i> Activity • <i>'Assignment'</i> Home Practice • <i>'Relaxation Home Practice'</i> |

Session 6 (Exposure to Stress or Trauma Memory)

| TO BRING | TO MAKE | TO COPY |
|---|---------|---|
| <ul style="list-style-type: none"> • Session 6 Manual • Various Art and Writing Materials • <i>'Individual Session Narrative Worksheet'</i> and/or <i>'Individual Session Group Meeting Plan'</i> or Other Individual Session Information • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • <i>'Hot Seat Questions'</i> Sheet • Stuffed Animals or Toys for Belly Breathing | | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>'Assignment Part 1'</i> Home Practice • <i>'Assignment - Part 2: Hot Seat Thoughts'</i> Home Practice • <i>'Relaxation Home Practice'</i> |

Session 7 (Exposure to Stress or Trauma Memory)

| TO BRING | TO MAKE | TO COPY |
|---|---------|---|
| <ul style="list-style-type: none"> • Session 7 Manual • Various Art and Writing Materials • <i>'Individual Session Narrative Worksheet'</i> and/or <i>'Individual Session Group Meeting Plan'</i> or Other Individual Session Information • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • <i>'Hot Seat Questions'</i> Sheet • Stuffed Animals or Toys for Belly Breathing | | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>'Assignment - Part 1'</i> Home Practice • <i>Assignment - Part 2'</i> Home Practice • <i>'Relaxation Home Practice'</i> |

Session 8 (Introduction to Social Problem-Solving)

| TO BRING | TO MAKE | TO COPY |
|---|---------|---|
| <ul style="list-style-type: none"> • Session 8 Manual • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • <i>'Hot Seat Questions'</i> Sheet • Stuffed Animals or Toys for Belly Breathing | | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>'Social Problem-Solving' Sheet</i> • <i>'Problem Solving Practice' Activity</i> • <i>'Problem Solving Assignment' Home Practice</i> |

Session 9 (Practice With Social Problem-Solving)

| TO BRING | TO MAKE | TO COPY |
|--|---|---|
| <ul style="list-style-type: none"> • Session 9 Manual • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • <i>'Hot Seat Questions'</i> Sheet • <i>'Social Problem-Solving' Sheet</i> • Stuffed Animals or Toys for Belly Breathing | <ul style="list-style-type: none"> • CBITS Trivia Game Questions | <ul style="list-style-type: none"> • <i>Agenda</i> |

Session 10 (Relapse Prevention and Graduation)

| TO BRING | TO MAKE | TO COPY |
|---|--|---|
| <ul style="list-style-type: none"> • Session 10 Manual • <i>Thinking-Feeling-Doing Triangle</i> • <i>Feeling Thermometer</i> • <i>Relaxation Scripts</i> • <i>'Hot Seat Questions'</i> Sheet • <i>'Social Problem-Solving' Sheet</i> • Stuffed Animals or Toys for Belly Breathing | <ul style="list-style-type: none"> • Graduation Certificates (<i>Examples Included</i>) • CBITS Graduation Grab Bags (<i>Examples of Content Included</i>) | <ul style="list-style-type: none"> • <i>Agenda</i> • <i>Screening Tool Part B</i> • <i>Group Evaluation Form</i> |

Individual Sessions

For Interview:

- Individual Session Manual
- Counseling Worksheet
- *'Individual Session Sequence' Sheet*
- *'Individual Session Narrative Worksheet'*
- *'Individual Session Group Meeting Plan'*

For Support:

- *Thinking-Feeling-Doing Triangle*
- *Feeling Thermometer*
- *Relaxation Scripts*
- *'Hot Seat Questions' Sheet*
- Various Art and Writing Materials
- Stuffed Animals or Toys for Belly Breathing

Caregiver Education

Session 1

To Bring:

- Caregiver Education Manual

For Handouts:

- *'Common Reactions to Stress or Trauma' Sheet*
- *Thinking-Feeling-Doing Triangle*
- *Feeling Thermometer*
- *Relaxation Scripts*

Session 2

To Bring:

- Caregiver Education Manual

For Handouts:

- *'Examples of Thoughts/Facing Your Fears' Sheet*
- *'Hot Seat Questions' Sheet*
- *'Social Problem-Solving' Sheet*
- *'Assignment – Part 1/ Assignment – Part 2' from Session 7*

Teacher Education

To Bring:

Teacher Education Manual

For Handouts:

- *'Common Reactions to Stress or Trauma' Sheet*
- *Thinking-Feeling-Doing Triangle*
- *CBITS Program Components*

Other Resources:

- NCTSN - Child Trauma Toolkit for Educators
(https://www.nctsn.org/sites/default/files/resources//child_trauma_toolkit_educators.pdf)
- Students and Trauma Video (available at www.cbitsprogram.org)