Bounce Back
PROGRAM COMPONENTS

**GROUP SESSIONS** (10 Weeks)

**Group Session 1:**
- Program Expectations, Group Rules, Confidentiality, and Incentives
- Initial Psychoeducation

**Group Session 2:**
- CBT Triangle and Treatment Rationale
- Identifying and Naming Feelings
- Common Reactions to Stress
- Positive Activities

**Group Session 3:**
- Feeling Thermometer
- Body Feelings
- Relaxation

**Group Session 4:**
- Identifying Thoughts
- Connection Between Thoughts and Feelings
- Introduction of Helpful Thoughts (Courage Cards)

**Group Session 5:**
- Psychoeducation Related to Avoidance
- Constructing Fear Hierarchies (“I Can Do It Ladders”)

**Group Session 6:**
- Review of Content

**Group Session 7:**
- Identifying Social Supports
- Identifying Coping Strategies

**Group Session 8:**
- Social Problem Solving

**Group Session 9:**
- Review of Content and Relapse Prevention

**Group Session 10:**
- Graduation
**INDIVIDUAL SESSIONS** (Between Group Session 3 and Session 5)

**Individual Session 1:**
- Rationale for Trauma Narrative
- Exposure to Trauma Memory

**Individual Session 2:**
- Continued Exposure to Trauma Memory
- Preparation for Joint Session

**Conjoint Session:**
- Preparation for Meeting with Family Member
- Sharing of Trauma Memory with Family Member

**PARENT EDUCATION SESSIONS**

**Parent Education Session 1:**
- Psychoeducation
- Explanation of CBT Triangle/Connection Between Thoughts, Feelings, and Actions
- Identification of Feelings
- Relaxation

**Parent Education Session 2:**
- Connection Between Thoughts and Feelings
- Helpful Thoughts/Courage Cards
- Rationale for Individual Meetings
- Psychoeducation Regarding Avoidance
- Explanation of Fear Hierarchies

**Parent Education Session 3:**
- Social Support
- Coping Strategies