

# 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 Sessions 3:

- Feeling Thermometer
- Body Feelings
- Relaxation

#### Group Session 4:

- Identifying Thoughts
- Connection Between Thoughts and Feelings
- Introduction of Helpful Thoughts (Courage Cards)

#### Group Sessions 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