

Bounce Back

Bounce Back is a school-based group intervention for elementary students exposed to stressful and traumatic events. Bounce Back teaches students ways to cope with and recover from traumatic experiences, so they can get back to doing what they want and need to do. Designed to be administered by clinicians, Bounce Back is based on Cognitive Behavioral Intervention for Trauma in Schools (CBITS). The Bounce Back program includes 10 group sessions, 1-3 group parent sessions, and 2-3 individual student sessions. The clinician and a student services staff member meets with a group of 4-6 students for an hour once a week for 10 weeks. Session content includes coping skills, feelings identification, relaxation exercises, positive activities, social support, and problem solving. This intervention also includes parent and individual sessions. The Bounce Back program is appropriate for children and families of diverse ethnic and social backgrounds.

For more information: <https://bouncebackprogram.org/>