

# Help Kids COPE: CBITS Training Program for Mental Health Providers

## Opportunity for graduate students in mental health professions



**C**BITS **O**ver **T**elehealth **P**rovides **E**mpowerment (**COPE**) is a 14-week training program designed to increase evidence-based interventions for youth with neurodiversity.

The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) program is a group intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills.

This 14-week learning opportunity includes:

- Weekly didactic component
- Supervised clinical hours
- Stipend available

### Learn how to help youth build skills in:

- Relaxation training
- Cognitive restructuring
- Emotion regulation
- Stress management
- Social problem-solving

**Applications are  
now being  
accepted!**

For more information or to apply please  
contact [COPE@kennedykrieger.org](mailto:COPE@kennedykrieger.org)



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