

## CHRISTCHURCH, NEW ZEALAND SHOOTING

ABCT extends its sincere sympathy to the families, friends, neighbors, and those who have been helping the community in Christchurch, New Zealand, after the mass shooting on March 15. As people all over the world react to the news of yet another mass shooting, and yet another large-scale hate crime, we offer support to everyone who is emotionally affected.

As a professional mental health organization, the Association for Behavioral and Cognitive Therapies embraces the application of science to the understanding, prevention, and treatment of behavioral and emotional problems, to alleviate psychological suffering, and to improve human functioning.

### Coping With the Christchurch Mosque Shootings

As we mourn the losses and struggle to make sense of this event, we have put together a series of links to help people cope with this tragedy.

*From NIMH:*

- "Helping Children and Adolescents Cope with Violence and Disasters"

<http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/index.shtml>

*From the National Child Traumatic Stress Network:*

- "Talking to Children about a Shooting"

<https://www.nctsn.org/resources/talking-children-about-shooting>

- "The Psychological Impact of a Shooting"

<https://www.nctsn.org/resources/psychological-impact-recent-shooting>

Please visit ABCT's archive of fact sheets for information about anxiety, bereavement, trauma, anger, and more...

- **Anxiety:** [http://www.abct.org/Information/?m=mInformation&fa=fs\\_ANXIETY](http://www.abct.org/Information/?m=mInformation&fa=fs_ANXIETY)
- **Bereavement:** [http://www.abct.org/Information/?m=mInformation&fa=fs\\_BEREAVEMENT](http://www.abct.org/Information/?m=mInformation&fa=fs_BEREAVEMENT)
- **PTSD:** [http://www.abct.org/Information/?m=mInformation&fa=fs\\_PTSD](http://www.abct.org/Information/?m=mInformation&fa=fs_PTSD)
- **Trauma:** [http://www.abct.org/Information/?m=mInformation&fa=fs\\_TRAUMA](http://www.abct.org/Information/?m=mInformation&fa=fs_TRAUMA)
- **Anger:** [http://www.abct.org/Information/?m=mInformation&fa=fs\\_ANGER](http://www.abct.org/Information/?m=mInformation&fa=fs_ANGER)
- **Complicated Grief:**  
[http://www.abct.org/Information/?m=mInformation&fa=fs\\_COMPLICATED\\_GRIEF](http://www.abct.org/Information/?m=mInformation&fa=fs_COMPLICATED_GRIEF)
- **Choosing a CBT Therapist:**  
[http://www.abct.org/Information/?m=mInformation&fa=fs\\_GUIDELINES\\_CHOOSING](http://www.abct.org/Information/?m=mInformation&fa=fs_GUIDELINES_CHOOSING)

### Get Help

- **Find a CBT Therapist:** ABCT's online referral service will provide you access to members, who are mental health professionals, in your geographical area. We list over 100 specialties, such as, but not limited to anxiety, bereavement, anger, depression, etc. If there is not a member listed in your area, please contact someone in your state and ask/him her for a referral. For more information, [www.findcbt.org/FAT/](http://www.findcbt.org/FAT/)