



## Monthly Webinar Series

# Addressing Racial Stress and Trauma Through Cognitive Processing Therapy and Prolonged Exposure Therapy

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**Target Audience:** Licensed mental health providers with prior training in cognitive processing therapy (CPT) and/or prolonged exposure (PE)

**Instructional Level:** Intermediate

**Course Description:** Presented by Brittany N. Hall-Clark, Ph.D., this presentation will review racial stress and trauma through CPT and PE. Following the tragic death of George Floyd, the impact of racial trauma has received an unprecedented level of attention at a national level. Clinicians may benefit from guidance related to how to address racial stress and trauma in the context of trauma-focused evidence-based PTSD treatments such as CPT and PE therapy. A historical context of relevant cultural factors related to black, indigenous, and service members and veterans of color will be presented. In addition, research related to health disparities and racial/ethnic differences in PTSD symptom presentation will be discussed. Attendees will learn about cultural factors to consider in the assessment and treatment of PTSD and racial trauma. In addition, strategies for case formulation and tailoring the treatment plan to address PTSD and racial trauma will be described.

### Learning Objectives:

At the end of this course, participants will be able to:

1. Identify relevant cultural factors related to PTSD and racial trauma in military personnel and veterans.
2. Assess the presence of racial trauma and PTSD.
3. Identify at least 3 specific strategies for integrating cultural sensitivity into the treatment of PTSD and racial trauma.

**Date and Time:** Thursday, February 10 at 1pm CST/ 2pm EST

**Duration:** 1-hour

**Where:** Zoom (*closed captioning available*)

**Cost:** No cost

## Meet the Presenter

### *Brittany Hall-Clark, Ph.D.*

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**Dr. Brittany N. Hall-Clark** is a Texas-licensed Clinical Psychologist. She obtained her PhD in Clinical Psychology at the University of Texas at Austin. Dr. Hall-Clark completed a 2-year fellowship with STRONG STAR, a multidisciplinary PTSD research consortium. She then became an Assistant Professor within the Division of Behavioral Medicine and the Department of Psychiatry at the University of Texas Health Science Center at San Antonio.

For 8 years, she worked at the Ft. Hood site of STRONG STAR as a cognitive-behavioral research therapist for several randomized clinical trials focused on PTSD and related conditions in active-duty military personnel and veterans. She has been certified as a Master Prolonged Exposure clinician. Currently, she works with the STRONG STAR Training Initiative as a Prolonged Exposure therapy consultant. In addition, she is part of the National Center for PTSD Consultation team. Dr. Hall-Clark is passionate about diversity and cultural sensitivity, evidenced by her focus on cultural factors in treatment, provision of diversity training to graduate students and continuing education for professionals, and culturally oriented publications and presentations. Her professional interests include translational research, cultural factors related to PTSD and other mental health issues, and racial trauma. Additional clinical specialties include trauma nightmares, insomnia, sleep, and anxiety. Dr. Hall-Clark also practices privately at InSight Psychology and Behavioral Health Services in Pflugerville, TX.

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## Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org) one week prior to the webinar so that we may provide you with appropriate service.

## Location Information

This course will be held live via Zoom on **Thursday, February 10, 2022 at 1pm CST/ 2pm EST**. The webinar will be recorded and uploaded to the **STRONG STAR Training Initiative Provider Portal** at <https://www.strongstartraining.org/providers/>.

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## Continuing Education

The STRONG STAR Training Initiative offers attendees 1 Continuing Education (CE) Credit for participation in this 1-hour course. Participants who attend are eligible to receive 1 CE Credit. To obtain CE Credit, attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org).

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.