



Webinar Series

Bolstering the Impact of Homework in Trauma-Focused Therapies: Facilitating Conversations with Clients for More Meaningful Out-of-Session Therapy Practice

Target Audience: Mental health clinicians providing evidence-based treatments for PTSD

Instructional Level: Intermediate

Course Description: Between-session assignments (homework) play a crucial role in trauma-focused treatments by bridging the benefits of therapy from sessions to patients' everyday lives where it matters most. Research has indicated that a client's commitment to homework practice is associated with greater therapeutic gains, particularly in prolonged exposure and cognitive processing therapy. While many therapists recognize the added value of homework completion, many of us struggle to help clients successfully engage with outside-of-therapy practice. This webinar will discuss the state of the research on the homework component of evidence-based treatments for PTSD and the specific ways in which homework may (or may not) help to support treatment gains. The speakers will address common barriers to homework engagement and provide therapeutic techniques to facilitate productive discussions with clients about between-session assignments. Finally, the speakers will explore strategies to work collaboratively with clients in tailoring their homework experiences, ultimately enabling a more profound and functionally adaptive connection with trauma-related content and newly acquired therapeutic skills outside of therapy sessions.

Learning Objectives:

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

1. Identify homework factors that influence treatment outcomes..
2. Discuss implications of the therapist role in homework engagement.
3. Demonstrate conversations around engagement.

Date and Time: Tuesday, March 5, 2024, at 1:00 pm CDT/ 2:00 pm EDT

Duration: 1 hour

Where: Zoom

Cost: No cost

Meet the Presenters

Mercedes Woolley, and Bailee Schuhmann, PhD



Mercedes Woolley is a doctoral student in clinical psychology at Utah State University. She previously served as a project coordinator at the National Center for PTSD at VA Boston, where she contributed to federally funded research on enhancing cognitive processing therapy. Her work also focused on investigating the role of therapeutic processes, particularly homework assignments, in promoting PTSD recovery. At Utah State, Mercedes specializes in acceptance and commitment therapy for anxiety and related conditions, with a research focus on psychotherapy processes and outcomes.



Bailee Schuhmann, PhD is a postdoctoral fellow with the STRONG STAR. Dr. Schuhmann received her degree in clinical psychology from Nova Southeastern University. She completed her clinical internship at UT Health Science Center at San Antonio at STRONG STAR and the Transitional Care Clinic, where she provided evidence-based treatment for PTSD including Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT). Her professional interests include posttraumatic stress disorder and resilience in first responder and military populations as well as improving access to quality, evidence-based treatment.

Special Accommodations

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

Location Information

This course will be held live via Zoom on **Tuesday, March 5, 2024, at 1pm CDT/ 2pm EDT**. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative Provider Portal at <https://www.strongstartraining.org/providers/>.

Continuing Education

The STRONG STAR Training Initiative offers 1 continuing education (CE) credit to participants who attend this 1 hour course and are eligible to receive CE credit. To obtain CE credit(s), 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.

Our CE 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.