



# Assessment Skills Lab 1

## Pinpointing the Criterion A Event in PTSD treatment: Where to get started

### Course Information Document

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**Target Audience:** Mental health providers who provide services for military personnel and veterans with PTSD.

**Instructional Level:** Introductory

**Course Description:**

This course will guide participants through the essential skills for guiding clients through the process of choosing a specific traumatic event to focus on during PTSD treatment. After reviewing a positive PTSD assessment, learners will learn to provide clear and empathetic language to explain the rationale behind this treatment decision. This course empowers mental health professionals with the tools and techniques necessary to facilitate effective and client-centered trauma-focused therapy, enhancing your ability to support those in treatment.

**Learning Objectives:**

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

1. Develop the skill to assist clients to select a traumatic event to work on in PTSD treatment.
2. Provide clear, empathetic language to explain the significance of focusing on a specific trauma during PTSD treatment, aligning with a client's needs and treatment goals.
3. Provide clear, empathetic language to explain the importance of focusing on a Criterion A traumatic event instead of other life events in PTSD treatment.

**Primary Goal:** After completion of this skills lab, mental health providers will be able to effectively assist and support clients in determining a Criterion A traumatic event to work on in PTSD treatment.

**Date and Time:**

October 10, 2024, from 12:00 p.m. to 1:00 p.m. CST

**Duration:** 1 hour

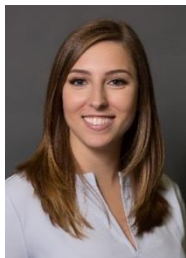
**Where:** Zoom

**Cost:** There is no additional cost to attending this course.

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## Meet the Presenter

Bailee Schuhmann, PhD



This Skills Lab will be facilitated by **Bailee Schuhmann, PhD**. Dr. Schuhmann is an expert in evidence-based PTSD treatment who supports clinicians' training and adherent delivery of Cognitive Processing Therapy across research and clinical programs.

*Dr. Schuhmann has no conflict of interest.*

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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 workshop so that we may provide you with appropriate service.

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## Continuing Education

The STRONG STAR Training Initiative offers attendees 1 Continuing Education (CE) Credits for participating in the 1-hour training. To obtain CE Credits, 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.

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## Cancellation

For cancellation, email our team at [admin@strongstartraining.org](mailto:admin@strongstartraining.org).

*For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org)*

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## Agenda

12:00 pm	Welcome and Opening Remarks
12:05 pm	What is a Criterion A Stressor
12:10 pm	How to identify and assess Criterion A stressor(s)
12:15 pm	Collaboratively selecting the most appropriate event
12:20 pm	Role-Play Break-out Session
12:35 pm	Switch Roles (Role-Play continued)
12:50 pm	Q&A and Closing Remarks