



CPT Skills Lab 1: Delivering Psychoeducation

Course Information Document

Target Audience: This training is appropriate for mental health providers familiar with or interested in providing Cognitive Processing Therapy. Licensed providers are invited to attend, as well as students, interns, residents, fellows, and other trainees.

Instructional Level: Introductory

Course Description:

Evidence-based treatment for posttraumatic stress disorder (PTSD) begins with psychoeducation about what PTSD is, why people get stuck with it, and how to help them get unstuck. Psychoeducation empowers clients to be advocates for their mental health and collaborative partners in their treatment. Nonetheless, it takes time for clinicians to develop their own style for presenting all the important psychoeducation in Session 1. This Skills Lab is an opportunity to review the core take-home messages of Session 1 and practice delivering the psychoeducation. This Skills Lab will involve a brief overview of Session 1 of Cognitive Processing Therapy, demonstration, and then time to practice delivering psychoeducation.

Learning Objectives:

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

1. Name core elements of Cognitive Processing Therapy Session 1
2. Demonstrate psychoeducation on trauma recovery versus non-recovery
3. Practice providing psychoeducation on natural and manufactured emotions

Date and Time:

October 17, 2024, from 12:00 p.m. to 1:00 p.m. CST

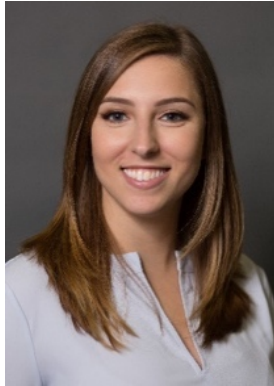
Duration: 1.0 hour

Where: Zoom

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

Meet the Presenter

Bailee Schuhmann, PhD



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

Dr. Schuhmann has no conflict of interest.

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 workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees 1.0 Continuing Education (CE) Credit for participating in the 1.0-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.

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.

Cancellation

For cancellation, email our team at admin@strongstartraining.org.

For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org

Agenda

- 12:00 Welcome and Opening Remarks
- 12:05 Review of CPT Session 1 key content in CPT
- 12:15 Psychoeducation demonstration
- 12:25 Role-Play Break-out Session
- 12:50 Q&A and Closing Remarks

