CPT Skills Lab 2: Using the Impact Statement and Socratic Questioning to Develop a Stuck Point Log

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:
The Stuck Point Log is the roadmap for treatment in Cognitive Processing Therapy. However, it takes time to become comfortable building the Stuck Point Log with clients. This Skills Lab is an opportunity to practice identifying key, assimilated stuck points from the Impact Statement and how to work with clients to formulate and add these beliefs to the Stuck Point Log. This Skills Lab will involve a brief overview of the process of building the Stuck Point log, demonstration, and then time to practice collaboratively building a Stuck Point Log with a client.

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

1. Use the Impact Statement to identify key stuck points
2. Practice using Socratic questioning and collaborative discussion to formulate stuck points
3. Demonstrate building a Stuck Point Log with a client

Date and Time:

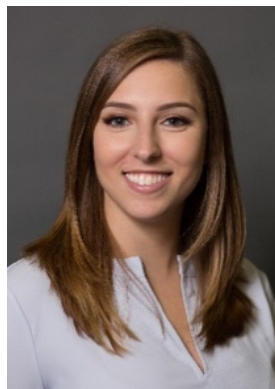<mark>October 31, 2024, from 12:00 p.m. to 1:00 p.m. CST</mark>

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

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Agenda

12:00 Welcome and Opening Remarks

12:05 Review of key components to building stuck point log

12:15 Demonstration of building stuck point log

12:25 Role-Play Break-out Session