



CPT Skills Lab 3: Reviewing ABC Worksheets and Beginning to Explore Stuck Points

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:

Core skills taught in Cognitive Processing Therapy are differentiating situations, thoughts, and emotions and exploring thoughts that may not be accurate or helpful. The ABC Worksheet is the first tool taught in Cognitive Processing Therapy to build this key skillset. When clients complete ABC Worksheets, it can be unclear how best to proceed and on which areas to focus. This Skills Lab will involve a brief overview of the ABC process, demonstration, and then time to practice reviewing ABC Worksheets and beginning to explore key beliefs.

Learning Objectives:

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

1. Describe key takeaways to teach clients using the ABC Worksheet
2. Demonstrate reviewing an ABC Worksheets with a patient
3. Practice gently exploring an early ABC Worksheet on an assimilated belief

Date and Time:

November 21, 2024, from 12:00 p.m. to 1:00 p.m. CST

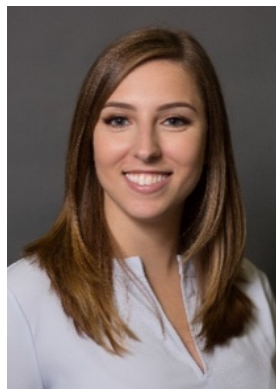
Duration: 1.0 hours

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 ABC worksheets

12:15 Demonstration

12:25 Role-Play Break-out Session

12:50 Q&A and Closing Remarks

