



# Skills Lab 3: Enhancing Proficiency in Assessing Race-Based and Discrimination-Related Trauma during PTSD Treatment

## 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 delve into the assessment of race-based and discrimination-related trauma, a critical aspect of culturally competent therapy. Learners will learn to assess PTSD symptoms in the context of these unique experiences and gain the expertise to provide clients with informed and empathetic feedback on their treatment options. This course equips mental health professionals with the skills necessary to engage effectively with clients facing trauma related to race or discrimination, ensuring culturally sensitive and personalized care.

### Learning Objectives:

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

1. Assess trauma symptoms effectively with a focus on PTSD symptoms linked to race-based or discrimination-related trauma.
2. Provide clients with an understanding of available treatment options in a culturally sensitive and informed manner.
3. Describe ethical considerations for including race-based or discrimination-related trauma in PTSD assessment.

**Primary Goal:** After completion of this skills lab, mental health providers will be able to effectively assist and support clients through the identification of race-based or discrimination-related trauma in PTSD assessment.

**Date and Time:** May 8, 2025, from 12 p.m. to 1 p.m. CST

**Duration:** 1 hour

**Where:** Zoom

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

## Meet the Presenter

**Brittany Hall-Clark, PhD**

**Director of Inclusive Behavioral Health Advancement**

**Dr. Brittany N. Hall-Clark** is an Associate Professor within the Division of Behavioral Medicine and the Department of Psychiatry at the University of Texas Health Science Center at San Antonio. She also serves as the Director of Inclusive Behavioral Health Advancement for the STRONG STAR Training Initiative (SSTI). She is a consultant for SSTI as well as the National Center for PTSD Consultation Program. In addition to facilitating groups that focus on the implementation of evidence-based treatments for PTSD, she also facilitates culturally-oriented groups and conducts trainings related to culturally responsive PTSD treatment. Her clinical specialties include trauma, nightmares, insomnia, sleep and anxiety. For 8 years, she worked at the Ft. Hood (now Ft. Cavazos) site of STRONG STAR—a multidisciplinary PTSD research consortium—as a cognitive-behavioral research therapist for several randomized clinical trials focused on PTSD and related



conditions in active duty military personnel and Veterans. She has been certified as a Master Prolonged Exposure clinician and Quality-Rated Cognitive Processing Therapy provider. She has also been trained in CBT for Insomnia and Nightmares as well as Cognitive Behavioral Conjoint Therapy (CBCT) for PTSD. Dr. Hall-Clark is passionate about diversity and culturally responsive assessment and treatment, evidenced by her focus on cultural considerations in treatment, provision of diversity training to graduate students and continuing education for professionals, and culturally-oriented publications and presentations. Dr. Hall-Clark also practices privately at InSight Psychology and Behavioral Health Services in Pflugerville, TX.

*Dr. Brittany Hall Clark has no conflicts of interest to disclose.*

## 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.

## 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.

## 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)*

## Agenda

2:00 pm	Welcome and Opening Remarks
2:05 pm	Define racial stress and trauma
2:15 pm	Clinical applications (Assessment & diagnosis)
2:35 pm	Practice assessment of RST
2:45 pm	Resources
2:50 pm	Q&A and Closing Remarks