



## PTSD Assessment and Engagement Webinar Course Information Document

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**Target Audience:** Mental health providers who provide services for clients with PTSD.

**Instructional Level:** Introductory

**Course Description:** The purpose of this webinar is to educate mental health professionals about ethical assessment procedures and decision making prior to beginning a course of evidence-based treatment for PTSD and to address the ethical importance of educating patient with PTSD about evidence based treatments for PTSD. First, the webinar will provide an overview of the current diagnostic criteria for posttraumatic stress disorder (PTSD) in accordance with DSM-5 and the ethical application of assessment procedures, including identifying an index trauma and confirming a PTSD diagnosis, and evaluating for significant trauma symptoms. This course will provide guidance on how to ethically determine whether PTSD is a primary diagnosis that warrants the use of evidence-based therapies and how to assess for comorbid symptoms and psychosocial functioning. Providers will learn how to track symptoms during treatment to guide therapy sessions during the course of evidence-based treatment for PTSD. Since providing education on EBTs for PTSD is a public health approach consistent with professional ethics and values in clinical care, this webinar will also educate attendees on methods to education patients about EBTs for PTSD to encourage help seeking behavior. It will focus on the clinical touch points of assessment and screening, transiting current clients to EBT for PTSD and provide Motivational Interviewing techniques to apply to education methods.

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

1. Determine whether patients meet criteria for PTSD using DSM-5 criteria
2. Conduct pre-treatment assessments of PTSD and comorbid disorders to determine appropriateness of evidence-based treatment for PTSD (CPT or PE)
3. Provide comprehensive psychoeducation about EBTs for PTSD (CPT and PE) to patients with PTSD consistent with professional clinical ethics
4. Identify the ethical significance of providing psychoeducation on EBTs for PTSD for all patients with PTSD, regardless of their readiness for immediate EBT engagement.

**Date and Time:** March 12, 2025, from 10:00 AM to 12:00 PM

**Duration:** 2 hours

**Where:** Zoom

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

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## Meet the Presenter

Amber Alsobrooks, M.S., M.A., LPA

Senior Project Coordinator for Training and Technical Assistance for STRONG STAR Training Initiative



**Amber Alsobrooks, M.S., M.A., LPA** is a Senior Project Coordinator for Training and Technical Assistance at STRONG STAR Training Initiative, and Clinical Research Coordinator Senior in the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine. Her work centers on advancing behavioral health technologies and therapies to improve outcomes for Veterans with PTSD, chronic pain, and substance use disorders. Amber provides consultation to assist research labs in building protocols to enhance suicide protection and prevention in clinical research settings. Amber is also a Licensed Psychological Associate in the state of North Carolina, a rostered CPT provider, and a Research Therapist at Duke and the

Durham VA Health Care System for studies incorporating therapies to treat PTSD and substance use disorders.

*\*Amber Alsobrooks has no conflicts 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 2 Continuing Education (CE) Credits for participating in the 2-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

10:00 am – 10:05 am	Welcome and Opening Remarks
10:05 am – 10:30 am	What is Trauma and PTSD Symptoms
10:30 am – 11: 00 am	Screening and Assessment tools for PTSD
11:00 am – 11:45 am	Motivational Interviewing strategies for Engagement in PTSD Treatments
11:45 am – 12:00 pm	Q&A and Closing Remarks