



## Assessment Skills Lab 2: Empowering Informed Choices: Introducing PTSD Treatment Options through the Shared Decision- Making Model Course Information Document

---

**Target Audience:** Mental health providers who provide services for military personnel and veterans with PTSD.

**Instructional Level:** Introductory

**Course Description:**

This course will educate clinicians in introducing PTSD treatment options through the Shared Decision Making model. Learners focus on facilitating discussions that explore the potential benefits and drawbacks of engaging in specific evidence-based treatments for PTSD or alternative treatment approaches. By practicing the skills of sharing information transparently and ethically, you will help clients make informed choices about their PTSD treatment.

**Learning Objectives:**

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

1. Develop the ability to share comprehensive information about all available EBTs for PTSD that a client could potentially engage.
2. Facilitate shared decision-making conversations.
3. Describe ethical considerations, potential consequences, drawbacks, and alternative options, all while respecting a client's autonomy and informed decision-making.

**Primary Goal:** After completion of this skills lab, mental health providers will be able to effectively assist and support clients in shared decision making in PTSD treatment options.

**Date and Time:** March 27, 2025, from 12:00 p.m. to 1:00 p.m. CST

**Duration:** 1 hour

**Where:** Zoom

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

---

## Meet the Presenters

### Bailee Schuhmann, PhD



**Bailee Schuhmann, PhD.** is an Assistant Professor within the Department of Psychiatry and Behavioral Sciences at the UT Health San Antonio and a Licensed Psychologist. She serves as an expert in evidence-based PTSD treatment who supports clinicians' training and adherent delivery of Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Written Exposure Therapy (WET) across research and clinical programs. She also serves as a Research Therapist on several clinical trials examining compressed and/or augmented treatment for individual and couple's-based PTSD treatments. Her research and clinical interest include posttraumatic stress and resilience in first responder and military populations as well as program development and evaluation.

*\*Bailee Schuhmann has no conflict of interest.\**

### 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\**

---

## 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

<b>12:00 pm – 12:05 pm</b>	<b>Welcome and Opening Remarks</b>
<b>12:05 pm – 12:10 pm</b>	Introducing PTSD treatment options to individuals
<b>12:10 pm – 12:15 pm</b>	Generating collaborative discussion of treatment goals
<b>12:15 pm – 12:20 pm</b>	Guiding informed decision making in line with individual's goals
<b>12:20 pm – 12:35 pm</b>	Role-Play Break-out Session
<b>12:35 pm – 12:50 pm</b>	Switch Roles (Role-Play continued)
<b>12:50 pm – 1:00 pm</b>	<b>Q&amp;A and Closing Remarks</b>