



Assessment Skill Lab 1: Pinpointing the Criterion A Event in PTSD treatment: Where to get started 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 guide participants through the essential skills for guiding clients through the process of choosing a specific traumatic event to focus on during PTSD treatment. After reviewing a positive PTSD assessment, learners will learn to provide clear and empathetic language to explain the rationale behind this treatment decision. This course empowers mental health professionals with the tools and techniques necessary to facilitate effective and client-centered trauma-focused therapy, enhancing your ability to support those in treatment.

Learning Objectives:

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

1. Develop the skill to assist clients to select a traumatic event to work on in PTSD treatment.
2. Provide clear, empathetic language to explain the significance of focusing on a specific trauma during PTSD treatment, aligning with a client's needs and treatment goals.
3. Provide clear, empathetic language to explain the importance of focusing on a Criterion A traumatic event instead of other life events in PTSD treatment.

Primary Goal: After completion of this skills lab, mental health providers will be able to effectively assist and support clients in determining a Criterion A traumatic event to work on in PTSD treatment.

Date and Time: March 13, 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 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

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 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.

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 and additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org

Agenda

12:00 pm – 12:05 pm	Welcome and Opening Remarks
12:05 pm – 12:10 pm	What is a Criterion A Stressor
12:10 pm – 12:15 pm	How to identify and assess Criterion A stressor(s)
12:15 pm – 12:20 pm	Collaboratively selecting the most appropriate event
12:20 pm – 12:35 pm	Role-Play Break-out Session
12:35 pm – 12:50 pm	Switch Roles (Role-Play continued)
12:50 pm – 1:00 pm	Q&A and Closing Remarks