



PTSD Assessment and Engagement Webinar Course Information Document

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: September 24, 2025, from 11:00 AM to 1:00 PM CST

Duration: 2 hours

Where: Zoom

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

Meet the Presenter

Elisa M Medellin, LPC



Elisa M Medellin, LPC, is a practicing clinician, specializing in Cognitive Processing Therapy (CPT) for the treatment of PTSD. She had provided clinical services for clinic research at the STRONG STAR Consortium and the Consortium to Alleviate PTSD, as well in a clinic setting. Ms. Medellin interests include PTSD treatment, including CPT, Prolonged Exposure and Written Exposure Therapy.

Disclaimer: The Presenter does not have any conflicts 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., is a licensed psychological associate (LPA), PTSD expert provider, and Cognitive Processing Therapy Consultant at STRONG STAR Training Initiative at UT Health San Antonio. Ms. Alsobrooks focuses on clinician training and technical assistance for agencies seeking to implement evidenced-based treatments for PTSD and suicide prevention. She also works as a clinical research therapist and interventionist for the Durham VA Health Care System and the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine. In these

roles, her work centers on advancing behavioral health technologies and therapies to improve outcomes for Veterans with PTSD and substance use disorders.

Disclaimer: The Presenter does not have any 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 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.

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

Cancellation is not required. For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org

Agenda

<i>11:00 am – 11:05 am</i>	Welcome and Opening Remarks
<i>11:05 am – 11:30 am</i>	What is Trauma and PTSD Symptoms
<i>11:30 am – 12:00 pm</i>	Screening and Assessment tools for PTSD
<i>12:00 pm – 12:45 pm</i>	Motivational Interviewing strategies for Engagement in PTSD Treatments
<i>12:45 pm – 1:00 pm</i>	Q&A and Closing Remarks