



# Implementation of Culturally Responsive, Trauma-Focused, Evidence-Based Psychotherapies

## Course Information Document

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**Target Audience:** Mental health providers who treat military personnel, veterans, and civilians with PTSD

**Instructional Level:** Introductory

### **Course Description:**

At times, clinicians may struggle with how to address cultural factors in treatment for PTSD sensitively and appropriately. This workshop aims to help providers understand and overcome challenges for discussing identity and culture. The importance of culturally responsive PTSD treatment will be discussed and clear guidelines for the assessment and treatment of cultural strengths and stressors will be presented. Clients may be affected by unique stressors related to how they identify in terms of race, ethnicity, gender identity, socioeconomic status, language, nationality, political perspectives, sexual orientation, religion, disability, age, size, and other aspects of human experience. Culturally responsive treatment helps both providers and clients to better understand how such cultural factors may contribute to past experiences and to leverage cultural strengths.

Attendees will learn strategies to enhance culturally responsive assessment and treatment approaches, in the context of evidence-based treatments for PTSD, such as Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE). Experiential activities will also serve to reinforce learned skills.

**Learning Objectives:**

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

1. Assess cultural factors that may be related to presenting issues and mental health.
2. Incorporate culturally relevant measures into the assessment process
3. Identify at least 3 specific strategies for tailoring cognitive and behavioral interventions within CPT with cultural sensitivity

**Primary Goal:** The primary goal of this workshop is to provide clinicians with strategies to enhance culturally responsive assessment and treatment approaches in the context of evidence-based treatments for PTSD.

**Date and Time:** Friday, November 7, 2025, from 1 pm - 4:15 pm CT

**Duration:** 3 hours 15 Minutes

**Where:** Zoom

**Training Cost and Continuing Education Fee:** \$50

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# Meet the Presenter

**Brittany Hall-Clark, PhD**

**Director of Inclusive Behavioral Health Advancement**

**Dr. Brittany N. Hall-Clark** is a Texas-licensed Clinical Psychologist. She obtained her PhD in Clinical Psychology at the University of Texas at Austin. Dr. Hall-Clark completed a two-year fellowship with STRONG STAR, a multidisciplinary PTSD research consortium. She is currently 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. For 8 years, she worked at the Ft. Hood site of STRONG STAR 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 a quality-rated Cognitive Processing Therapy provider. Currently, she works with the STRONG STAR Training Initiative as the Director of Inclusive Behavioral Health Advancement as well as a consultant. In addition, she is part of the National Center for PTSD Consultation team. Dr. Hall-Clark is passionate about diversity and cultural responsiveness, evidenced by her focus on cultural factors in treatment, provision of diversity training to graduate students and continuing education for professionals, and culturally-oriented publications and presentations. Her professional interests include translational research, cultural factors related to PTSD and other mental health issues, as well as racial stress and trauma. Additional clinical specialties include trauma nightmares, insomnia, sleep, and anxiety. 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.\**

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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 3 Continuing Education (CE) Credits for participating in the 3 hour and 15-minute 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, Substitutions, and Refunds

*Registration fees, minus a \$25 service charge, will be refunded to participants who send a written cancellation via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org) postmarked no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. In some cases, you may be able to reschedule to a future Learning Community with no additional cost.*

*For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org).*

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## Agenda

Please note Agenda time is based on Central Standard Time Zone

Workshop Agenda	
1:00p – 1:30p	<ul style="list-style-type: none"><li>• Foundational Concepts</li><li>• Rationale for culturally responsive intervention</li><li>• Clinician factors</li></ul>

1:30p – 2:15p	<ul style="list-style-type: none"><li>• Assessment considerations<ul style="list-style-type: none"><li>• Cultural</li><li>• PTSD</li></ul></li></ul>
2:15p – 2:30p	<ul style="list-style-type: none"><li>• Break</li></ul>
2:30p – 3:30p	<ul style="list-style-type: none"><li>• Treatment Considerations<ul style="list-style-type: none"><li>• Cognitive Interventions</li><li>• Behavioral Interventions</li></ul></li></ul>
3:30p – 4:15p	<ul style="list-style-type: none"><li>• Application</li><li>• Resources</li><li>• Evaluation</li></ul>