



# CPT Skills Lab: Essential Socratic Questioning for CPT & ABC Worksheets

## Course Information Document

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**Target Audience:** This training is appropriate for mental health providers familiar with or interested in providing Cognitive Processing Therapy. Licensed providers are invited to attend, as well as students, interns, residents, fellows, and other trainees.

**Instructional Level:** Introductory

**Course Description:**

Core skills taught in Cognitive Processing Therapy are differentiating situations, thoughts, and emotions and exploring thoughts that may not be accurate or helpful. The ABC Worksheet is the first tool taught in Cognitive Processing Therapy to build this key skillset. When clients complete ABC Worksheets, it can be unclear how best to proceed and on which areas to focus. This Skills Lab will involve a brief overview of the ABC process, demonstration, and then time to practice reviewing ABC Worksheets and beginning to explore key beliefs. This workshop will also introduce Socratic questioning, examples of how it can be used to explore common beliefs and stuck points about trauma, and how it can be used in the process of completing ABC worksheets.

**Learning Objectives:**

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

1. Describe the purpose of using ABC Worksheets in CPT
2. Demonstrate reviewing an ABC worksheet with a client.
3. Use Socratic questioning to explore common types of stuck points in trauma treatment

**Date and Time:** September 18, 2025, from 12:00 p.m. to 1:00 p.m. CST

**Duration:** 1.0 hours

**Where:** Zoom

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

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# 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.

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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 1.0 Continuing Education (CE) Credit for participating in the 1.0-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

Cancellation is not required. For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org)

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## Agenda

12:00 Welcome and Opening Remarks

12:05 Review of ABC worksheets

12:15 Demonstration

12:25 Role-Play Break-out Session

12:50 Q&A and Closing Remarks