CPT Skills Lab: Building Better Stuck Point Logs
Course Information Document

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:
The Stuck Point Log is the roadmap for treatment in Cognitive Processing Therapy. However, it takes time to become comfortable building the Stuck Point Log with clients. This Skills Lab is an opportunity to practice identifying key, assimilated stuck points from the Impact Statement and how to work with clients to formulate and add these beliefs to the Stuck Point Log. This Skills Lab will involve a brief overview of the process of building the Stuck Point log, demonstration, and then time to practice collaboratively building a Stuck Point Log with a client.

Learning Objectives:
At the end of this course, participants will be able to:
1. List at least 2 characteristics of a well-written stuck point
2. Describe the difference between assimilated and overaccommodated stuck points
3. Demonstrate building a Stuck Point Log with a client

Date and Time: October 30, 2025, from 12:00 p.m. to 1:00 p.m. CST
Duration: 1.0 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
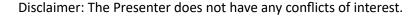
Amber Alsobrooks, M.S., M.A., is a licensed psychological associate (LPA), PTSD expert provider, and Cognitive Processing Therapy Consultant at STRONG STAR Training Initiative at UT Health San Antonio. Ms. Alsobrooks focuses on clinician training and technical assistance for agencies seeking to implement 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.

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.

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 1.0 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.

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

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Agenda

12:00 Welcome and Opening Remarks
12:05 Review of key components to building stuck point log
12:15 Demonstration of building stuck point log
12:25 Role-Play Break-out Session
12:50 Q&A and Closing Remarks