



## Assessment Skill Lab 1: Pinpointing the Criterion A Event in PTSD treatment: Where to get started Course Information Document

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**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:** January 29, 2026, 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.

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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.

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](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 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](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

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