



# Assessment Skills Lab 2: Empowering Informed Choices: Introducing PTSD Treatment Options through the Shared Decision-Making Model

## 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 educate clinicians in introducing PTSD treatment options through the Shared Decision Making model. Learners focus on facilitating discussions that explore the potential benefits and drawbacks of engaging in specific evidence-based treatments for PTSD or alternative treatment approaches. By practicing the skills of sharing information transparently and ethically, you will help clients make informed choices about their PTSD treatment.

**Learning Objectives:**

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

1. Develop the ability to share comprehensive information about all available EBTs for PTSD that a client could potentially engage.
2. Facilitate shared decision-making conversations.
3. Describe ethical considerations, potential consequences, drawbacks, and alternative options, all while respecting a client's autonomy and informed decision-making.

**Primary Goal:** After completion of this skills lab, mental health providers will be able to effectively assist and support clients in shared decision making in PTSD treatment options.

**Date and Time:** Thursday, May 21, 2026, from 12:00 PM to 1:00 PM CT

**Duration:** 1 hour

**Where:** Zoom

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

# Meet the Presenter

## Elisa M. Medellin, LPC



**Elisa Medellin, LPC** is a Licensed Professional Counselor-Supervisor (LPC-S) at UT Health San Antonio, within the Department of Psychiatry, working with the STRONG STAR Consortium and Training Initiative. She graduated summa cum laude with a BA in Psychology and an MA in Clinical Psychology from St. Mary's University in San Antonio.

Her professional journey began in research, focusing on implementing behavioral interventions for individuals with severe mental illnesses, aiming to help them lead productive lives.

Driven by a desire for direct clinical care, Ms. Medellin pursued LPC licensure. Her clinical expertise expanded to include working with survivors of sexual assault and minors affected by sex trafficking, which deepened her commitment to treating Posttraumatic Stress Disorder (PTSD).

Through the STRONG STAR Training Initiative, she became certified in both Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE), which are considered gold-standard treatments for PTSD. She has implemented these evidence-based treatments in a community mental health setting.

Currently, Ms. Medellin serves as a study therapist, aiding veterans in overcoming PTSD, and as a consultant supporting clinicians and trainees in delivering evidence-based PTSD treatments.

Elisa Medellin has no conflict of interests 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 **1 Continuing Education (CE) Credit** for participating in the 1-hour training. To obtain CE Credit, 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.

# 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>
<b>12:05 pm – 12:10 pm</b>	Introducing PTSD treatment options to individuals
<b>12:10 pm – 12:15 pm</b>	Generating collaborative discussion of treatment goals
<b>12:15 pm – 12:20 pm</b>	Guiding informed decision making in line with individual's goals
<b>12:20 pm – 12:35 pm</b>	Role-Play Break-out Session
<b>12:35 pm – 12:50 pm</b>	Switch Roles (Role-Play continued)
<b>12:50 pm – 1:00 pm</b>	<b>Q&amp;A and Closing Remarks</b>