



STRONG STAR  
**TRAINING  
INITIATIVE**

**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

**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. Explain what is meant by “Shared Decision Making,” and how it benefits clients
2. Describe at least 3 evidenced-based PTSD treatment options.
3. Identify questions and strategies that enhance client engagement in PTSD treatment and support selection of a treatment aligned with their goals

**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:** February 12, 2026

**Time:** 1:00 PM to 2:00 PM EST  
12:00 PM to 1:00 PM CST  
10:00 AM to 11:00 AM PST

**Duration:** 1 hour

**Where:** Zoom

## Meet the Presenters

### **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**

Trainer and Consultant for STRONG STAR Training Initiative



**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 Post-traumatic 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.

## 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. 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 at San Antonio Health Science Center is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas at San Antonio Health Science Center 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

All times are in Central Standard Time.

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