



## PTSD Assessment and Engagement Webinar Course Information Document

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**Target Audience:** Mental health providers

**Instructional Level:** Introductory

**Course Description:** The purpose of this webinar is to educate mental health professionals about ethical assessment procedures and decision making prior to beginning a course of evidence-based treatment for PTSD and to address the ethical importance of educating patient with PTSD about evidence-based treatments (EBTs) for PTSD. First, the webinar will provide an overview of the current diagnostic criteria for posttraumatic stress disorder (PTSD) in accordance with DSM-5 and the ethical application of assessment procedures, including identifying an index trauma and confirming a PTSD diagnosis, and evaluating for significant trauma symptoms. This course will provide guidance on how to ethically determine whether PTSD is a primary diagnosis that warrants the use of evidence-based therapies and how to assess for comorbid symptoms and psychosocial functioning. Providers will learn how to track symptoms during treatment to guide therapy sessions during the course of evidence-based treatment for PTSD. Since providing education on EBTs for PTSD is a public health approach consistent with professional ethics and values in clinical care, this webinar will also educate attendees on methods to education patients about EBTs for PTSD to encourage help seeking behavior. It will focus on the clinical touch points of assessment and screening, transiting current clients to EBT for PTSD and provide Motivational Interviewing techniques to apply to education methods.

### Learning Objectives:

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

1. Describe the DSM-5-TR diagnostic criteria for PTSD
2. Explain the role of psychoeducation about PTSD and evidence-based treatments (EBTs) for PTSD
3. Describe specific instruments and strategies to screen and assess for PTSD
4. Identify strategies for increasing client's willingness to engage in EBT for PTSD

**Date:** January 14, 2026

**Time:** 12:00 PM to 2:00 PM EST  
11:00 AM to 1:00 PM CST  
9:00 AM to 11:00 AM PST

**Duration:** 2 hours

**Where:** Zoom

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

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## 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.

*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 2 Continuing Education (CE) Credits for participating in the 2-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.**

11:00 am – 11:05 am	Welcome and Opening Remarks
11:05 am – 11:30 am	What is Trauma and PTSD Symptoms
11:30 am – 12:00 pm	Screening and Assessment tools for PTSD
12:00 pm – 12:45 pm	Motivational Interviewing strategies for Engagement in PTSD Treatments
12:45 pm – 1:00 pm	Q&A and Closing Remarks