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

Target Audience: Mental health providers

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: February 19, 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: 1.0 hour
Where: Zoom
Cost: There is no additional cost to attending this course.

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 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. 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 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.

Cancellation

Cancellation is not required. For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org

Agenda

All times are in Central Standard Time.

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