



Implementation of Culturally Responsive, Trauma-Focused, Evidence-Based Psychotherapies

Course Information Document

Target Audience: Mental health providers

Instructional Level: Introductory

Course Description:

At times, clinicians may struggle with how to address cultural factors in treatment for PTSD sensitively and appropriately. This workshop aims to help providers understand and overcome challenges for discussing identity and culture. The importance of culturally responsive PTSD treatment will be discussed and clear guidelines for the assessment and treatment of cultural strengths and stressors will be presented. Clients may be affected by unique stressors related to how they identify in terms of race, ethnicity, gender identity, socioeconomic status, language, nationality, political perspectives, sexual orientation, religion, disability, age, size, and other aspects of human experience. Culturally responsive treatment helps both providers and clients to better understand how such cultural factors may contribute to past experiences and to leverage cultural strengths.

Attendees will learn strategies to enhance culturally responsive assessment and treatment approaches, in the context of evidence-based treatments for PTSD, such as Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE). Experiential activities will also serve to reinforce learned skills.

Learning Objectives:

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

1. Assess cultural factors that may be related to presenting issues and mental health.
2. Incorporate culturally relevant measures into the assessment process.
3. Identify at least 3 specific strategies for tailoring cognitive and behavioral interventions within CPT with cultural sensitivity.

Primary Goal: The primary goal of this workshop is to provide clinicians with strategies to enhance culturally responsive assessment and treatment approaches in the context of evidence-based treatments for PTSD.

Date: Wednesday, March 25, 2026

Time: 2 pm – 5:15 ET

1 pm - 4:15 pm CT
11 am – 2:15 pm PT

Duration: 3 hours 15 Minutes

Where: Zoom

Training Cost and Continuing Education Fee: \$50

Meet the Presenter

Brittany Hall-Clark, PhD **Director of Culturally Responsive Training**

Dr. Brittany N. Hall-Clark is an Associate Professor within the Division of Behavioral Medicine and the Department of Psychiatry at the University of Texas Health Science Center at San Antonio. She also serves as the Director of Culturally Responsive Training for the STRONG STAR Training Initiative (SSTI). She is a consultant for SSTI as well as the National Center for PTSD Consultation Program. In addition to facilitating groups that focus on the implementation of evidence-based treatments for PTSD, she also facilitates culturally-oriented groups and conducts trainings related to culturally responsive PTSD treatment. Her clinical specialties include trauma, nightmares, insomnia, sleep and anxiety. For 8 years, she worked at the Ft. Hood site of STRONG STAR—a multidisciplinary



PTSD research consortium—as a cognitive-behavioral research therapist for several randomized clinical trials focused on PTSD and related conditions in active duty military personnel and Veterans. She has been certified as a Master Prolonged Exposure clinician and Quality-Rated Cognitive Processing Therapy provider. She has also been trained in CBT for Insomnia and Nightmares as well as Cognitive Behavioral Conjoint Therapy (CBCT) for PTSD. Dr. Hall-Clark is passionate about diversity and culturally responsive assessment and treatment, evidenced by her focus on cultural considerations in treatment, provision of diversity training to graduate students and continuing education for professionals, and culturally-oriented publications and presentations. Dr. Hall-Clark also practices virtually at InSight Psychology and Behavioral Health Services..

Dr. Brittany Hall-Clark has no conflicts of interest to disclose.

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 3 Continuing Education (CE) Credits for participating in the 3 hour and 15-minute 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.

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, Substitutions, and Refunds

Registration fees, minus a \$25 service charge, will be refunded to participants who send a written cancellation via email to admin@strongstartraining.org no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. In some cases, you may be able to reschedule to a future Learning Community with no additional cost.

For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org.

Agenda

Please note Agenda time is based on Central Standard Time Zone

Workshop Agenda

1:00p – 1:30p	<ul style="list-style-type: none">• Foundational Concepts• Rationale for culturally responsive intervention• Clinician factors
1:30p – 2:15p	<ul style="list-style-type: none">• Assessment considerations<ul style="list-style-type: none">• Cultural• PTSD
2:15p – 2:30p	<ul style="list-style-type: none">• Break
2:30p – 3:30p	<ul style="list-style-type: none">• Treatment Considerations<ul style="list-style-type: none">• Cognitive Interventions• Behavioral Interventions
3:30p – 4:15p	<ul style="list-style-type: none">• Application• Resources• Evaluation