



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

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: June 25, 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

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,
STRONG STAR Training Initiative (SSTI)



Amber Alsobrooks, M.S., M.A., LPA, is a Licensed Psychological Associate (LPA) specializing in evidence-based treatments for PTSD, with over a decade of clinical and research experience supporting military Veterans and service members at Duke University School of Medicine and the Durham VA Health Care System. In her role at SSTI, Ms. Alsobrooks supports clinician training and implementation efforts related to evidence-based treatments (EBTs) for PTSD. She is a rostered Cognitive Processing Therapy (CPT) provider and serves as a CPT consultant. She contributes to SSTI Learning Communities through facilitation and instruction in assessment and CPT skills and provides implementation support to mental health organizations seeking to strengthen the delivery of EBTs for PTSD and suicide prevention.

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 Continuing Education (CE) Credit for participating in the 1-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 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