



# CPT Skills Lab: Essential Socratic Questioning for ABC Worksheets

## Course Information Document

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**Target Audience:** Mental health providers

**Instructional Level:** Introductory

**Course Description:**

Core skills taught in Cognitive Processing Therapy are differentiating situations, thoughts, and emotions and exploring thoughts that may not be accurate or helpful. The ABC Worksheet is the first tool taught in Cognitive Processing Therapy to build this key skillset. When clients complete ABC Worksheets, it can be unclear how best to proceed and on which areas to focus. This Skills Lab will involve a brief overview of the ABC process, demonstration, and then time to practice reviewing ABC Worksheets and beginning to explore key beliefs. This workshop will also introduce Socratic questioning, examples of how it can be used to explore common beliefs and stuck points about trauma, and how it can be used in the process of completing ABC worksheets.

**Learning Objectives:**

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

1. Describe the purpose of using ABC Worksheets in CPT
2. Demonstrate reviewing an ABC worksheet with a client.
3. Practice using Socratic questioning to explore common types of trauma-related stuck points

**Date:** July 16, 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 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,  
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.

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## 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	Welcome and Opening Remarks
12:05 PM	Review of ABC worksheets
12:15 PM	Demonstration
12:25 PM	Role-Play Break-out Session
12:50 PM	Q&A and Closing Remarks