



STRONG STAR
**TRAINING
INITIATIVE**

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

Bailee Schuhmann, PhD **Consultant & Trainer for STRONG STAR Training Initiative**



Bailee Schuhmann*, PhD. is an Assistant Professor within the Department of Psychiatry and Behavioral Sciences at the UT Health San Antonio and a Licensed Psychologist. She serves as an expert in evidence-based PTSD treatment who supports clinicians' training and adherent delivery of Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Written Exposure Therapy (WET) across research and clinical programs. She also serves as a Research Therapist on several clinical trials examining compressed and/or augmented treatment for individual and couple's-based PTSD treatments. Her research and clinical interest include posttraumatic stress and resilience in first responder and military populations as well as program development and evaluation.

*The presenter 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 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