

Cognitive-Behavioral Conjoint Therapy for Posttraumatic Stress Disorder (CBCT for PTSD): Therapist Adherence and Competence Protocol

Instructions:

Adherence: For each item, assess **if the therapist demonstrated the particular behavior** described in the item and indicate + or – depending on whether or not the behavior was demonstrated. For example, in session 1, item 1, if the therapist administered the Patient and Partner versions of PCL and Relationship Happiness, the rated item would look like:

1. Therapist administered the Patient and Partner versions of PCL and Relationship Happiness. +

Competence: For each item, assess **how well the therapist carried out the particular behavior** described in the item. Use the rating scale described below to assign a number in the second box next to the item. For example, in session 1, item 4, if you think the therapist did a barely adequate job in providing an overview of the treatment format, then you would assign the number 2 on the second line next to the item. The rated item would now look like:

4. Therapist provided an overview of the treatment format. **2**

Rating Scale for Assessing Competence:

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

Please don't leave any items blank. For all items assess therapist competency, taking into account the couple's presenting problems, their difficulty level, and the stage of therapy. **Use N/A for Not Applicable ratings of Adherence/Competence.**

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Session 1: Introduction to Treatment

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|--------------------|------------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
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Administration of Assessments

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| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Treatment Overview

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| 2. Therapist referred to session overview handout in workbook. | | |
| 3. Therapist provided an overview of the treatment format (e.g., three phases, 15 sessions, 75 minutes each session). | | |
| 4. Therapist explained the two goals of the therapy (i.e., improve relationships and decrease PTSD symptoms). | | |
| 5. Therapist introduced out-of-session assignments and the rationale for them. | | |
| 6. Therapist talked about increasing positivity. | | |
| 7. Therapist introduced the idea that the patient is the relationship. | | |
| 8. Therapist discussed limits of confidentiality. | | |
| 9. Therapist discussed that therapy sessions will only be conducted when both partners are present. | | |

Psychoeducation about PTSD: A Disorder of Impeded Recovery

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| 10. Therapist provided psychoeducation about the four clusters of PTSD symptoms (reexperiencing, hyperarousal, avoidance, and numbing) in an interpersonal context. | | |
| 11. Therapist provided psychoeducation about the feedback loop created by the four clusters of PTSD symptoms. | | |
| 12. Therapist described PTSD as a disorder of "impeded recovery". | | |
| 13. Therapist highlighted the therapy targets: cognitive and behavioral. | | |

Goal Setting/Treatment Contract

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| 14. Therapist helped the couple set both PTSD and relationship goals. | | |
| 15. Therapist helped the couple translate their goals into concrete behavioral markers. | | |
| 16. Therapist recorded the couple's goals on the <i>Treatment Contract</i> and had each person witness the signature of the other person. | | |

Out-of-Session Assignments

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| 17. Therapist oriented the couple to the <i>OOSA summary</i> sheet for this session. | | |
| 18. Therapist asked the couple to review the <i>Natural Recovery/Cycle of PTSD Symptoms</i> handout together before the next session. | | |
| 19. Therapist asked the couple to read the <i>Common Reactions to Trauma</i> handout together before the next session. | | |
| 20. Therapist explained the <i>Trauma Impact Questions (TIQ)</i> and asked each member of the couple to complete the questions before the next session. | | |
| 21. Therapist explained and assigned the <i>You've Been Caught Doing Something Nice</i> assignment. | | |
| TOTAL SCORE | | |

Session 2: Safety Building

Rating Scale for Assessing Competence:

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

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|--|--------------------|------------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
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Administration of Assessments

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| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Review Out-of-Session Assignments

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| 2. Therapist inquired about the couple's response to reading <i>Natural Recovery/Cycle of PTSD Symptoms</i> handout. | | |
| 3. Therapist reviewed <i>You've Been Caught Doing Something Nice</i> assignment. | | |
| 4. Therapist inquired about the couple's response to reading the <i>Common Reactions to Trauma</i> handout. | | |
| 5. Therapist had each member of the couple read their responses to the <i>Trauma Impact Questions-I</i> . | | |

Trauma Focus and Disclosure

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| 6. Therapist discussed the purpose of disclosure of the traumatic event in a couple context. | | |
| 7. Therapist inquired about possible concerns and past experiences with trauma disclosure. | | |

Address Negative Behaviors as Barriers to Safety

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| 8. Therapist provided psychoeducation regarding negative relationship behaviors and PTSD. | | |
| 9. Therapist addressed safety issues within the relationship. | | |

Individual Prevention Strategies: Learning About Anger

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| 10. Therapist discussed the earliest signs of anger and reference the handout <i>Learning About Anger</i> . | | |
| 11. Therapist introduced slowed breathing to the couple and practiced with them in session. | | |

Dyadic Intervention Strategy: Time-out

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| 12. Therapist provided the couple with the handout <i>Steps to an Effective Time-out</i> . | | |
| 13. Therapist provided a rationale for the time-out. | | |
| 14. Therapist reviewed each of the time-out steps. | | |
| 15. Therapist had each member of the couple practice calling a time-out in-session. | | |

Out-of-Session Assignments

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| 16. Therapist asked each member of the couple to self-monitor on at least one episode of anger before the next session using the <i>Learning About Anger</i> worksheet. | | |
| 17. Therapist asked each member of the couple to call at least one time-out before the next session and to complete the section of <i>Steps to an Effective Time-out</i> related to their calling a time-out. | | |
| 18. Therapist asked each member of the couple to monitor for positive behaviors. | | |

Check-Out

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| 19. Therapist did a check-out at the end of the session. | | |
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| TOTAL SCORE | | |
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Session 3: Listening and Approaching

Rating Scale for Assessing Competence:

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|--------------------|------------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|--------------------|------------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Review Out-of-Session Assignments

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| 2. Therapist had each member of the couple review their responses to the <i>Learning About My Anger</i> worksheet. | | |
| 3. Therapist inquired about time-out practice and troubleshoot any problems. | | |
| 4. Therapist reviewed <i>You've Been Caught Doing Something Nice</i> assignment. | | |

Psychoeducation about PTSD, Avoidance, and Intimate Relationship Functioning

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| 5. Therapist discussed operant conditioning and avoidance (e.g., how avoidance and fear can spiral by feeding on each other). | | |
| 6. Therapist inquired about behavioral avoidance in the couple. | | |
| 7. Therapist discussed more subtle forms of avoidance such as avoidance of emotional experiences, memories, or thoughts. | | |
| 8. Therapist discussed with the couple the ways in which they avoid internal experiences. | | |

Introduce Communication Skills Training

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| 9. Therapist introduced communication skills training by providing key points on the role of communication in general relationship satisfaction. | | |
| 10. Therapist described the three communication skills areas that will be developed in this stage of the therapy: listening/paraphrasing; sharing thoughts and feelings; problem-solving/decision making. | | |

Effective Listening Skills

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| 11. Therapist introduced effective listening skills (e.g., the difference between listening and hearing). | | |
| 12. Therapist introduced paraphrasing and provided the rationale for it (e.g., to slow down communication, to make sure you listened correctly). | | |
| 13. Therapist had the couple practice paraphrasing in session by discussing what PTSD has made them avoid, and what they would do if they avoided less. | | |

Out-of-Session Assignments

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| 14. Therapist oriented the couple to the <i>OOSA summary</i> sheet for the session. | | |
| 15. Therapist asked the couple to continue to monitor positive behaviors in each other but not necessarily to record them. | | |
| 16. Therapist asked the couple to read the <i>PTSD and Avoidance</i> handout together before the next session. | | |
| 17. Therapist asked the couple to continue to identify people, places, things, and feelings that the individual with PTSD and the couple avoid and record it on the <i>Avoidance List</i> . | | |
| 18. Therapist asked that each partner catch the other partner paraphrasing daily. | | |

Check-Out

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| 19. Therapist did a check-out at the end of the session. | | |
| TOTAL SCORE | | |

Session 4: Sharing Thoughts and Feelings: Emphasis on Feelings

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|-----------------|------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
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Administration of Assessments

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| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness. | | |
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Review Out-of-Session Assignments

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| 2. Therapist inquired about positive behaviors noticed in their partner. | | |
| 3. Therapist inquired about the couple's response to reading <i>PTSD and Avoidance</i> handout. | | |
| 4. Therapist reviewed the items that the couple added to their <i>Avoidance List</i> . | | |
| 5. Therapist reviewed the couple's success with catching each other paraphrasing out of session. | | |

Communication Channels

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| 6. Therapist introduced and explained the idea of communication channels using the <i>Communications Channels</i> handout (e.g., there are two primary channels). | | |
| 7. Therapist illustrated the skill of channel checking by providing examples of how partners can check what channel each one is on. | | |

Introduce Channel of Sharing Thoughts and Feelings (Focus on Feelings)

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| 8. Therapist explained the rationale for sharing feelings (e.g., to combat emotional numbing, to help the couple feel intimate and close). | | |
| 9. Therapist oriented the couple to the <i>Identifying Feelings</i> handout. | | |
| 10. Therapist discussed the general principles of sharing/expressing feelings. | | |
| 11. Therapist explained the benefits of reflecting feelings back to a partner. | | |

In-Session Practice

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| 12. Therapist had the couple practice emotion expression skills in session, to discuss how PTSD has affected them and their relationship. | | |
| 13. Therapist had each member of the couple compare intimacy ratings before and after the communication exercise. | | |

Shrinking PTSD Through Approach

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| 14. Therapist worked with the couple to pick at least one person, place, situation, or feeling on the <i>Approach List</i> that will be approached before the next session. | | |
| 15. Therapist discussed maximizing effectiveness of approach tasks with the couple by orienting them to the <i>PROUD to Shrink PTSD</i> handout. | | |
| 16. The item was recorded on the <i>OOSA summary</i> , and the therapist asked the couple to write about how it went. | | |

Out-of-Session Assignments

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| 17. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 18. Therapist asked the couple to continue to monitor positive behaviors in each other. | | |
| 19. Therapist asked each member of the couple to practice a channel check at least once before the next session. | | |
| 20. Therapist asked the couple to review the <i>PROUD to Shrink PTSD</i> handout. | | |
| 21. Therapist asked each member of the couple to catch their partner sharing a feeling at least once per day. | | |

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| 22. Therapist asked the couple to complete at least one approach behavior off of the <i>Approach List</i> . | | |
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Check-Out

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| 23. Therapist did a check-out at the end of the session. | | |
| TOTAL SCORE | | |

Session 5: Sharing Thoughts and Feelings: Emphasis on Thoughts

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|--------------------|------------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|--------------------|------------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Review Out-of-Session Assignments

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| 2. Therapist inquired about positive behaviors the partners noticed in themselves and their partner. | | |
| 3. Therapist inquired about channel checking in the couple's communication. | | |
| 4. Therapist inquired if the couple had any questions about the <i>PROUD to Shrink PTSD</i> handout. | | |
| 5. Therapist reviewed the couple's responses to <i>Catch Your Partner's Feelings</i> . | | |
| 6. Therapist reviewed how the in vivo approach assignment from the <i>Shrinking PTSD through Approach</i> went. | | |

Identifying Thoughts on the Sharing Channel

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| 7. Therapist increased the couple's awareness of thoughts and their expression. | | |
| 8. Therapist explained the associations among thoughts, feelings, and behaviors. | | |

In-Session Practice

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| 9. Therapist had the couple practice expressing their thoughts and related feelings regarding how PTSD has affected them and their relationship. | | |
| 10. Therapist had each member of the couple compare intimacy ratings before and after the communication exercise. | | |

Shrinking PTSD Through Approach

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| 11. Therapist worked with the couple to pick the next approach assignment. | | |
| 12. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

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| 13. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 14. Therapist asked the couple to continue to monitor positive behaviors in each other. | | |
| 15. Therapist asked the couple to read the <i>Sharing Thoughts and Feelings to Shrink PTSD</i> handout together. | | |
| 16. Therapist explained the <i>Catch Your Partner's Thoughts and Feelings</i> form. | | |
| 17. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached before the next session and to record how it went. | | |

Check-Out

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|----------------------------------------------------------|--|--|
| 18. Therapist did a check-out at the end of the session. | | |
| TOTAL SCORE | | |

Session 6: Getting U.N.S.T.U.C.K.

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|
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Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Review Out-of-Session Assignments

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| 2. Therapist inquired about positive behaviors that they have noticed about themselves and their partner. | | |
| 3. Therapist inquired if either member of the couple had any questions about the <i>Sharing Thoughts and Feelings to Shrink PTSD</i> handout. | | |
| 4. Therapist reviewed the response to <i>Catch Your Partners Thoughts and Feelings</i> . | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introducing the U.N.S.T.U.C.K. Process

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| 6. Therapist provided a rationale for using the U.N.S.T.U.C.K. process. | | |
| 7. Therapist explained the steps of the U.N.S.T.U.C.K process with the couple by reviewing the U.N.S.T.U.C.K. handout with them. | | |
| 8. Therapist further elaborated on the steps in the U.N.S.T.U.C.K. process using the <i>Big Picture</i> sheet. | | |

In Session Practice of U.N.S.T.U.C.K Process

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| 9. Therapist guided the couple through the completion of at least one U.N.S.T.U.C.K. cycle. | | |
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Shrinking PTSD through Approach

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| 10. Therapist worked with the couple to pick the next approach assignment. | | |
| 11. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

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| 12. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 13. Therapist asked the couple to continue to monitor positive behaviors in each other. | | |
| 14. Therapist had the couple use the U.N.S.T.U.C.K. process with the <i>Big Picture</i> sheet at least four times prior to the next session. | | |
| 15. Therapist asked the couple to continue the <i>Catch Your Partner's Thoughts and Feelings</i> on a daily basis, with at least one trauma-related entry. | | |
| 16. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check- Out

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| 17. Therapist did a check-out at the end of the session. | | |
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| TOTAL SCORE | | |
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Session 7: Problem Solving to Shrink PTSD

Rating Scale for Assessing Competence:

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|-----------------|------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Review Out-of-Session Assignments

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| 2. Therapist inquired about positive behaviors that they have noticed about themselves and their partner. | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist reviewed the couple's responses to the <i>Catch Your Partners Thoughts and Feelings</i> form using the responses discussed in the prior session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction of Problem-Solving/Decision-making

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| 6. Therapist introduced the problem-solving/decision-making channel to the couple. | | |
| 7. Therapist explained the principles of good problem-solving/decision-making, and gave the <i>Problem solving/ decision making guidelines</i> handout to the couple. | | |

In Session Practice/Shrinking PTSD Through Approach

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| 8. Therapist had the couple practice using problem solving/decision-making skills to decide on their next in vivo approach assignment. | | |
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Out-of-Session Assignments

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| 9. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 10. Therapist asked the couple to continue to monitor positive behaviors in each other. | | |
| 11. Therapist asked the couple to read the <i>Problem-solving/Decision-making Guidelines</i> handout together. | | |
| 12. Therapist asked the couple to practice making a decision together using the guidelines. | | |
| 13. Therapist asked the couple to use the U.N.S.T.U.C.K. process with the <i>Big Picture</i> sheet at least four times prior to the next session. | | |
| 14. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

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| 15. Therapist did a check-out at the end of the session. | | |
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| TOTAL SCORE | | |
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Session 8: Acceptance

Rating Scale for Assessing Competence:

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

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|--|-----------------|------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
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Review Out-of-Session Assignments

| | | |
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| 2. Therapist inquired about positive behaviors that they have noticed about themselves and their partner. | | |
| 3. Therapist inquired if either member of the couple had any questions about the <i>Problem-solving/Decision-making Guidelines</i> handout. | | |
| 4. Therapist asked about the couple's practice making a decision together using the guidelines. | | |
| 5. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 6. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Stage 3

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| 7. Therapist reminded the couple of the purpose of building skills in stages 1 and 2. | | |
| 8. Therapist infused a sense of mastery in the couple's communication skills. | | |
| 9. Therapist reminded the couple of this therapy's stance regarding the disclosure of details of traumatic events (i.e., broad brush strokes rather than "nitty gritty" detail). | | |

Introduction to Acceptance

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| 10. Therapist explained what was meant by the term "acceptance". | | |
| 11. Therapist walked the couple through the specific cognitive barriers in the <i>Barriers to Acceptance</i> handout. | | |

In-session Practice: U.N.S.T.U.C.K. to Promote Acceptance

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| 12. Therapist referred back to the couple's <i>TIQ-Is</i> regarding barriers to acceptance of the traumatic event. | | |
| 13. Therapist had the couple use the U.N.S.T.U.C.K. process to begin to address stuck points related to acceptance. | | |

Shrinking PTSD Through Approach

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| 14. Therapist worked with the couple to pick the next approach assignment. | | |
| 15. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

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| 16. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 17. Therapist asked the couple to write any identified stuck points on their <i>Stuck Points List</i> . | | |
| 18. Therapist asked the couple to read the <i>Barriers to Acceptance</i> handout together. | | |
| 19. Therapist asked the couple to use the U.N.S.T.U.C.K. process with the <i>Big Picture</i> sheet at least four times prior to the next session. | | |

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| 20. Therapist asked the couple to spend 5 minutes each day using their best communications skills with each another. | | |
| 21. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

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|----------------------------------------------------------|--|--|
| 22. Therapist did a check-out at the end of the session. | | |
| TOTAL SCORE | | |

Session 9: Blame

Rating Scale for Assessing Competence:

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|-------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired about the couple's identification of stuck points for their <i>Stuck Points List</i> . | | |
| 3. Therapist inquired if either member of the couple had any questions about the <i>Barriers to Acceptance</i> handout. | | |
| 4. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 5. Therapist inquired about the couple's use of good communication skills since the last session. | | |
| 6. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Blame

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 7. Therapist helped the couple to take into account the intentionality/state of mind of those involved during the traumatic event. | | |
| 8. Therapist helped the couple to take into account the situational context that was impinging on the individuals involved in the traumatic event. | | |
| 9. Therapist urged the couple to consider forgiveness, if necessary, only after appropriately considering the whole situation, and specifically intentionality and situational variables. | | |
| 10. Therapist reviewed the <i>Getting U.N.S.T.U.C.K. regarding Blame</i> handout and the cognitive barriers that can contribute to problematic placing of blame (e.g., just world thinking, hindsight bias). | | |

In-Session Practice: U.N.S.T.U.C.K. regarding Blame and other Stuck Points

| | | |
|----------------------------------------------------------------------------------------------------------------|--|--|
| 11. Therapist referred back to the couple's responses on the <i>TIQ-Is</i> regarding barriers to blame. | | |
| 12. Therapist had the couple use the U.N.S.T.U.C.K. process to begin to address stuck points related to blame. | | |

Shrinking PTSD Through Approach

| | | |
|-------------------------------------------------------------------------------------------------------------------------|--|--|
| 13. Therapist worked with the couple to pick the next approach assignment. | | |
| 14. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 15. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 16. Therapist asked the couple to read the <i>Getting U.N.S.T.U.C.K. regarding Blame</i> handout together. | | |
| 17. Therapist asked the couple to use the U.N.S.T.U.C.K. process with the <i>Big Picture</i> sheet at least four times prior to the next session, and to write any identified stuck points on their <i>Stuck Points List</i> . | | |

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 18. Therapist asked the couple to spend 5 minutes each day using their best communications skills with each other. | | |
| 19. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

| | | |
|----------------------------------------------------------|--|--|
| 20. Therapist did a check-out at the end of the session. | | |
| TOTAL SCORE | | |

Session 10: Trust

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired if either member of the couple had any questions about the <i>Getting U.N.S.T.U.C.K. regarding Blame</i> handout. | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist inquired about the couple's use of good communication skills since the last session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Trust

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 6. Therapist conveyed that traumatic events impact trust by seemingly confirming previously held negative beliefs or disrupting previously held positive beliefs. | | |
| 7. Therapist provided psychoeducation about trust using the <i>Getting U.N.S.T.U.C.K. Regarding Trust</i> handout. | | |

In-session Practice: U.N.S.T.U.C.K. regarding Trust and other Stuck Points

| | | |
|---------------------------------------------------------------------------------------------------------------|--|--|
| 8. Therapist reviewed with the couple their responses to the <i>TIQ-Is</i> regarding barriers to trust. | | |
| 9. Therapist had the couple use the U.N.S.T.U.C.K. process to begin to address stuck points related to trust. | | |

Shrinking PTSD Through Approach

| | | |
|-------------------------------------------------------------------------------------------------------------------------|--|--|
| 10. Therapist worked with the couple to pick the next approach assignment. | | |
| 11. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 13. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 14. Therapist asked the couple to read the <i>Getting U.N.S.T.U.C.K. regarding Trust</i> handout together. | | |
| 15. Therapist asked the couple to use the U.N.S.T.U.C.K. process with the <i>Big Picture</i> sheet at least four times prior to the next session, and to write any identified stuck points on their <i>Stuck Points List</i> . | | |
| 16. Therapist asked the couple to spend 5 minutes each day using their best communications skills with one another. | | |
| 17. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

| | | |
|----------------------------------------------------------|--|--|
| 18. Therapist did a check-out at the end of the session. | | |
|----------------------------------------------------------|--|--|

| | | |
|--------------------|--|--|
| TOTAL SCORE | | |
|--------------------|--|--|

Session 11: Control

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|-----------------|------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired if either member of the couple had any questions about the <i>Getting U.N.S.T.U.C.K. regarding Trust</i> handout. | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist inquired about the couple's use of good communication skills since the last session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Control

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 6. Therapist conveyed that traumatic events impact control by seemingly confirming previously held negative beliefs or disrupting previously held positive beliefs | | |
| 7. Therapist provided psychoeducation about control using the <i>Getting U.N.S.T.U.C.K. regarding Control</i> handout. | | |

In-Session Practice: U.N.S.T.U.C.K. regarding Control and other Stuck Points

| | | |
|-----------------------------------------------------------------------------------------------------------------|--|--|
| 8. Therapist reviewed with the couple their responses to the <i>TIQ-Is</i> regarding barriers to control. | | |
| 9. Therapist had the couple use the U.N.S.T.U.C.K. process to begin to address stuck points related to control. | | |

Shrinking PTSD Through Approach

| | | |
|-------------------------------------------------------------------------------------------------------------------------|--|--|
| 10. Therapist worked with the couple to pick the next approach assignment. | | |
| 11. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 12. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 13. Therapist asked the couple to read the <i>Getting U.N.S.T.U.C.K. regarding Control</i> handout together. | | |
| 14. Therapist asked the couple to use the U.N.S.T.U.C.K process with the <i>Big Picture</i> sheet at least four times prior to the next session, and to write any identified stuck points on their <i>Stuck Points List</i> . | | |
| 15. Therapist asked the couple to spend 5 minutes each day using their best communications skills with one another. | | |
| 16. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

| | | |
|----------------------------------------------------------|--|--|
| 17. Therapist did a check-out at the end of the session. | | |
|----------------------------------------------------------|--|--|

| | | |
|--------------------|--|--|
| TOTAL SCORE | | |
|--------------------|--|--|

Session 12: Emotional Closeness

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|-----------------|------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired if either member of the couple had any questions about the <i>Getting U.N.S.T.U.C.K. regarding Control</i> handout. | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist inquired about the couple's use of effective communication skills since the last session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Emotional Closeness

| | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 6. Therapist conveyed that traumatic events impact emotional closeness by seemingly confirming previously held negative beliefs or disrupting previously held positive beliefs. | | |
| 7. Therapist provided psychoeducation about emotional closeness using the <i>Getting U.N.S.T.U.C.K. regarding Emotional Closeness</i> handout. | | |

In-Session Practice: UNSTUCK regarding Emotional Closeness and other Stuck Points

| | | |
|----------------------------------------------------------------------------------------------------------------------------------|--|--|
| 8. Therapist reviewed with the couple their responses to the <i>TIQ-Is</i> regarding barriers to emotional closeness. | | |
| 9. Therapist asked the couple to use the U.N.S.T.U.C.K. process to begin to address stuck points related to emotional closeness. | | |

Shrinking PTSD Through Approach

| | | |
|-------------------------------------------------------------------------------------------------------------------------|--|--|
| 10. Therapist worked with the couple to pick the next approach assignment. | | |
| 11. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 12. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 13. Therapist asked the couple to read the <i>Getting U.N.S.T.U.C.K. regarding Emotional Closeness</i> handout together. | | |
| 14. Therapist asked the couple to use the U.N.S.T.U.C.K process with the <i>Big Picture</i> sheet at least four times prior to the next session. | | |
| 15. Therapist asked the couple to spend 5 minutes each day using their best communications skills with one another. | | |
| 16. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

| | | |
|----------------------------------------------------------|--|--|
| 17. Therapist did a check-out at the end of the session. | | |
|----------------------------------------------------------|--|--|

| | | |
|--------------------|--|--|
| TOTAL SCORE | | |
|--------------------|--|--|

Session 13: Physical Closeness

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|--------------------|------------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|--------------------|------------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired if either member of the couple had any questions about the <i>Getting U.N.S.T.U.C.K. regarding Emotional Closeness</i> handout. | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist inquired about the couple's use of good communication skills since the last session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Physical Closeness

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 6. Therapist conveyed that physical closeness includes both sexual touching as well as physical affection that is nonsexual in nature. | | |
| 7. Therapist provided psychoeducation about physical closeness using the <i>Getting U.N.S.T.U.C.K. regarding Physical Closeness</i> handout. | | |

In-Session Practice: U.N.S.T.U.C.K. regarding Physical Closeness and other Stuck Points

| | | |
|--------------------------------------------------------------------------------------------------------------------------------|--|--|
| 8. Therapist reviewed with the couple their responses to the <i>TIQ-Is</i> regarding barriers to physical closeness. | | |
| 9. Therapist asked the couple to use the U.N.S.T.U.C.K. process to begin to address stuck points related to physical intimacy. | | |

Shrinking PTSD Through Approach

| | | |
|-------------------------------------------------------------------------------------------------------------------------|--|--|
| 10. Therapist worked with the couple to pick the next approach assignment. | | |
| 11. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 12. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 13. Therapist asked the couple to read the <i>Getting U.N.S.T.U.C.K. regarding Physical Closeness</i> handout together. | | |
| 14. Therapist asked the couple to use the U.N.S.T.U.C.K process with the <i>Big Picture</i> sheet at least four times prior to the next session. | | |
| 15. Therapist asked the couple to spend 5 minutes each day using their best communications skills with one another. | | |
| 16. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

| | | |
|----------------------------------------------------------|--|--|
| 17. Therapist did a check-out at the end of the session. | | |
| TOTAL SCORE | | |

Session 14: Posttraumatic Growth

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|-----------------|------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1-7) |
|--|-----------------|------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired if either member of the couple had any questions about the <i>Getting U.N.S.T.U.C.K. regarding Physical Closeness</i> handout. | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist inquired about the couple's use of good communication skills since the last session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Introduction to Posttraumatic Growth

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 6. Therapist discussed the principles of posttraumatic growth, using the <i>Getting U.N.S.T.U.C.K. regarding Posttraumatic Growth</i> handout. | | |
|------------------------------------------------------------------------------------------------------------------------------------------------|--|--|

In-Session Practice: U.N.S.T.U.C.K. regarding Posttraumatic Growth and other Stuck Points

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 7. Therapist helped the couple generate stuck points related to posttraumatic growth. If there are none at this point, therapist discussed ways that the couple has grown as individuals, and as together as a couple so that they are aware posttraumatic growth has taken place. | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|

Shrinking PTSD Through Approach

| | | |
|------------------------------------------------------------------------------------------------------------------------|--|--|
| 8. Therapist worked with the couple to pick the next approach assignment. | | |
| 9. The item was recorded on the <i>OOSA summary</i> , and the therapist asked that the couple write about how it went. | | |

Out-of-Session Assignments

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 10. Therapist oriented the couple to the <i>OOSA summary</i> sheet. | | |
| 11. Therapist asked the couple to read the <i>Getting U.N.S.T.U.C.K. regarding Posttraumatic Growth</i> handout together. | | |
| 12. Therapist asked the couple to use the U.N.S.T.U.C.K process with the <i>Big Picture</i> sheet at least four times prior to the next session. | | |
| 13. Therapist asked each partner to complete the <i>Trauma Impact Questions-II</i> before next session. | | |
| 14. Therapist asked the couple to complete the <i>What Have We Learned?</i> handout together before the next session. | | |
| 15. Therapist asked the couple to spend 5 minutes each day using their best communications skills with one another. | | |
| 16. Therapist reminded the couple of the item chosen from the <i>Approach List</i> to be approached prior to the next session and asked that they record how it went. | | |

Check-Out

| | | |
|----------------------------------------------------------|--|--|
| 17. Therapist did a check-out at the end of the session. | | |
|----------------------------------------------------------|--|--|

| | | |
|--------------------|--|--|
| TOTAL SCORE | | |
|--------------------|--|--|

Session 15: Review and Reinforcement of Treatment Gains

Rating Scale for Assessing Competence:

| | | | | | | |
|------|-----------------|----------|--------------|------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Poor | Barely Adequate | Mediocre | Satisfactory | Good | Very Good | Excellent |

| | | |
|--|-----------------|--------------------------------|
| | Adherence (+/-) | Competence Rating (Rate 1 – 7) |
|--|-----------------|--------------------------------|

Administration of Assessments

| | | |
|------------------------------------------------------------------------------------------------------------|--|--|
| 1. Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness Question. | | |
|------------------------------------------------------------------------------------------------------------|--|--|

Review Out-of-Session Assignments

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 2. Therapist inquired if either member of the couple had any questions about the <i>Getting U.N.S.T.U.C.K. regarding Posttraumatic Growth</i> handout | | |
| 3. Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions. | | |
| 4. Therapist inquired about the couple's use of good communication skills since the last session. | | |
| 5. Therapist reviewed how the in vivo approach assignment from <i>Shrinking PTSD through Approach</i> went. | | |

Comparison of Pre- and Post-treatment Trauma Impact Questions (TIQ)

| | | |
|---------------------------------------------------------------------------------------------------------|--|--|
| 6. Therapist highlighted changes that have occurred in the couple's thinking, using their <i>TIQs</i> . | | |
| 7. Therapist predicted further cognitive and behavioral changes with practice. | | |

Review of What We Have Learned and Lapse Planning

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| 8. Therapist used <i>What We Have Learned?</i> as a starting point for discussing the couple's gains in therapy. | | |
| 9. Therapist reviewed the couple's treatment goals contained in their treatment contract to determine the extent to which they had been met. | | |
| 10. Therapist reviewed the major points of the treatment and skills developed including: understanding PTSD, increasing positivity, safety building, communication, and cognitive skills. | | |
| 11. Therapist encouraged the couple to plan for future challenges and lapses. | | |

Saying Goodbye

| | | |
|--------------------------------------------------------------------------|--|--|
| 12. Therapist found a positive note on which to end when saying goodbye. | | |
| 13. Therapist focused on the gains that were made. | | |
| 14. Therapist provided couple with certificate of completion. | | |
| TOTAL SCORE | | |