Session 3: Listening and Approaching

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 had each member of the couple review their responses to the *Learning About My Anger* worksheet.

☐ ☐ **3.** Therapist inquired about time-out practice and troubleshot any problems.

☐ ☐ **4.** Therapist reviewed *You've Been Caught Doing Something Nice* assignment.

Psychoeducation about PTSD, Avoidance, and Intimate Relationship Functioning

☐ ☐ **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

☐ ☐ **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

☐ ☐ **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

☐ ☐ **14.** Therapist oriented the couple to the *OOSA summary* 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 *PTSD and Avoidance* 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 *Avoidance List.*

☐ ☐ **18.** Therapist asked that each partner catch the other partner paraphrasing daily.

Check-Out

☐ ☐ **19.** Therapist did a check-out at the end of the session.

Rater Comments: