Session 11: Control

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 *Getting U.N.S.T.U.C.K. regarding Trust* 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 *Shrinking PTSD through Approach* 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 *Getting U.N.S.T.U.C.K. regarding Control* 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 *TIQ-Is* 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 *OOSA summary*, and the therapist asked that the couple write about how it went.

Out-of-Session Assignments

☐ ☐ **12.** Therapist oriented the couple to the *OOSA summary* sheet.

☐ ☐ **13.** Therapist asked the couple to read the *Getting U.N.S.T.U.C.K. regarding Control* handout together.

☐ ☐ **14.** Therapist asked the couple use the U.N.S.T.U.C.K process with the *Big Picture* sheet at least four times prior to the next session, and write any identified stuck points on their *Stuck Points List*.

☐ ☐ **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 *Approach List* 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.

Rater Comments: