Session 5: Sharing Thoughts and Feelings: Emphasis on Thoughts

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 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 *PROUD to Shrink PTSD* handout.

☐ ☐ **5.** Therapist reviewed the couple's responses to *Catch Your Partner's Feelings*.

☐ ☐ **6.** Therapist reviewed how the in vivo approach assignment from the *Shrinking PTSD through Approach* went.

Identifying Thoughts on the Sharing Channel

☐ ☐ **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

☐ ☐ **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

☐ ☐ **11.** Therapist worked with the couple to pick the next approach assignment.

☐ ☐ **12.** The item was recorded on the *OOSA summary*, and the therapist asked that the couple write about how it went.

Out-of-Session Assignments

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

☐ ☐ **14.** Therapist asked the couple to continue to monitor positive behaviors in each other.

☐ ☐ **15.** Therapist asked the couple to read the *Sharing Thoughts and Feelings to Shrink PTSD* handout together.

☐ ☐ **16.** Therapist explained the *Catch Your Partner's Thoughts and Feelings* form.

☐ ☐ **17.** Therapist reminded the couple of the item chosen from the *Approach List* to be approached before the next session and to record how it went.

Check-Out

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

Rater Comments: