Session 14: Posttraumatic Growth

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 Physical Closeness* 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 Posttraumatic Growth

☐ ☐ **6.** Therapist discussed the principles of posttraumatic growth, using the *Getting U.N.S.T.U.C.K. regarding Posttraumatic Growth* 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 *OOSA summary*, and the therapist asked that the couple write about how it went.

Out-of-Session Assignments

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

☐ ☐ **11.** Therapist asked the couple to read the *Getting U.N.S.T.U.C.K. regarding Posttraumatic Growth* handout together.

☐ ☐ **12.** 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.

☐ ☐ **13**. Therapist asked each partner to complete the *Trauma Impact Questions-II* before next session.

☐ ☐ **14.** Therapist asked the couple to complete the *What Have We Learned?* 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 *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: