Session 8: Acceptance

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 that they have noticed about themselves and their partner.
- ☐ ☐ **3.** Therapist inquired if either member of the couple had any questions about the *Problem-solving/Decision-making Guidelines* 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 *Shrinking PTSD through Approach* went.

Introduction to Stage 3

- ☐ ☐ **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

- ☐ ☐ **10.** Therapist explained what was meant by the term "acceptance".
- ☐ ☐ **11.** Therapist walked the couple through the specific cognitive barriers in the *Barriers to Acceptance* handout.

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

- ☐ ☐ **12.** Therapist referred back to the couple's *TIQ-Is* 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

- ☐ ☐ **14.** Therapist worked with the couple to pick the next approach assignment.
- ☐ ☐ **15.** The item was recorded on the *OOSA summary*, and the therapist asked that the couple write about how it went.

Out-of-Session Assignments

- ☐ ☐ **16.** Therapist oriented the couple to the *OOSA summary* sheet.
- ☐ ☐ **17.** Therapist asked the couple to write any identified stuck points on their *Stuck Points List.*
- ☐ ☐ **18.** Therapist asked the couple to read the *Barriers to Acceptance* handout together.
- ☐ ☐ **19.** Therapist asked the couple to use the U.N.S.T.U.C.K process with the *Big Picture* sheet at least four times prior to the next session.
- ☐ ☐ **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 *Approach List* to be approached prior to the next session and asked that they record how it went.

Check-Out

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

Rater Comments: